Real Appeal is an online program that can help you lose weight and improve your health - all at no additional cost.

**Receive up to a year of support**
A Transformation Coach will lead weekly online group sessions with simple steps on nutrition, exercise and how to break through barriers to reach your goals.

**Proven weight loss**
Members who attended 4 or more sessions during the course of the program lost an average of 10 pounds. Individual results may vary. Consult your physician before starting any weight loss program.

**Tools made for real life**
You’ll receive a Success Kit containing step-by-step guides, workout DVDs, delicious recipes, and more. Monitor your progress with online food and activity trackers - available anywhere, anytime.

**Real benefits**
Real Appeal will help you learn how to live a healthy, balanced life. Research shows that losing just 5% body weight can help reduce the risk of type 2 diabetes and heart disease.¹

Look for enrollment information in January 2019.

*Real Appeal is offered at no additional cost to you as part of your medical benefits plan, subject to eligibility requirements.

1. Eligible members can enroll in Real Appeal in the month your employer’s health plan becomes effective.


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Your transformation experience.

Program highlights
- This is an online program, so you can conveniently access it from your desktop, tablet or mobile device.
- Backed by decades of proven clinical research.†
- Covered at no additional cost as part of your medical benefits plan.

To learn more, visit realappeal.com

Watch for more information
Your employer and/or health plan will offer Real Appeal as part of your benefits in the coming months.

When you enroll, you’ll need your:
- Insurance card
- Height and weight

Attend weekly online group sessions
Up to a full year of support with specially trained coaches and peers you can learn and exchange ideas with.

Access tools
Online tools and trackers available 24/7 so you can monitor your success.

Receive your Success Kit
Your Success Kit includes a scale, workout DVDs, session guides and more after your first group session.

Spark your transformation

Sandy
Real Appeal member
60 lbs lost

Follow us on social media
@RealAppealWorks

†In the past 20 years, researchers have demonstrated that structured weight-loss and lifestyle-change programs can accomplish three critical employee and population health goals:1. Improving overall health outcomes for individuals who are overweight and obese but do not yet have prediabetes or diabetes (Jensen, M.D., Ryan, D.H., Donato, K.A. et al, 2014) 2. Reducing the progression to diabetes in those who have prediabetes (Williamson, D.A., Bray, G.A., & Ryan, D.H, 2015) 3. Improving clinical markers for individuals who already have Type 2 diabetes (Espeland, M.A., Glick, H.A., Bertozi, A., et al for the Look AHEAD Research Group, 2014)