



## Get Support to Build Healthier Habits

Now's a great time to start taking small steps for lasting change, with Real Appeal.<sup>®</sup> This online weight management program offered by our company can help you create a healthier lifestyle.

### More Support for More Confidence

Real Appeal supports you every step of the way. It's available to you and eligible family members at no additional cost as part of your benefits.



#### Supportive Coaching and Sessions

Get personalized guidance from a coach, who leads collaborative weekly group sessions.

#### Making Behavior Change Possible

Together, we'll address topics like emotional eating, mindset and motivation, and more.

#### Resources to Stay Motivated

Your Success Kit gives you access to online fitness classes, scales, a portion plate and more.

### Here's what you need to register:

#### Your calendar

Choose a weekly online session day and time that work for you.

#### Your shipping address

You'll receive your Success Kit after attending your first online session.

#### Your health insurance

Have your health insurance ID card handy when enrolling.



Get started now at [enroll.realappeal.com](https://enroll.realappeal.com) or scan the QR code.

Not on our health plan yet? Sign up for Real Appeal once your benefits are active.

Have your health insurance ID card handy when enrolling.