Real Appeal®

WEIGHT LOSS SUPPORT

Start Your Real Appeal Journey

Real Appeal® is a free* online lifestyle program designed to help you lose weight, feel better, and improve your health – one small step at a time.

Make the Change You've Always Wanted

Real Appeal is a program on Rally Coach™ available to you and eligible family members at no additional cost as part of your health benefits plan.



Live Online Sessions
Join weekly online group sessions led by a coach, with the flexibility to reschedule anytime.



Tailored to You
You are not visible in the online group sessions and can choose how you'd like to participate.



Stay on Track
Use our fitness, food and weight trackers to stay on top of your progress and hit your goals.



Success Kit
Receive a Success Kit with food and weight scales, exercise tools, food guides and more.

Get Started Today at
columbuscityschools.realappeal.com

Have your health insurance ID card handy when enrolling.

HEALTHY BODIES
ACTIVE MINDS
COLUMBUS CITY SCHOOLS

With Real Appeal, You'll Learn Ways to

- **Eat Healthier**
- **Stay Active**
- **Fit healthy choices into your lifestyle**
- **Stay motivated and energized**
- **Develop lasting, healthy habits**

What you need to Register

Health Insurance Card

Personal Calendar – to choose your weekly online session day and time

Shipping Address – to receive a Success Kit after attending your first online session.

RALLY/COACH™

Real Appeal is a program on Rally Coach™ is offered at no additional cost employees with our UnitedHealthcare insurance plan, their covered spouses and dependents 18 or over with a BMI of 19 and higher, subject to eligibility.
© 2020 Real Appeal, Inc. All rights reserved.