



# Get support to build healthier habits

Now's a great time to start taking small steps for lasting change, with Real Appeal®. This online weight management program is designed to help you create a healthier lifestyle that you can maintain with confidence.

## More support for more confidence

Real Appeal supports you every step of the way. It's available to you 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 works 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.

SCAN ME



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

Have your health insurance ID card handy when enrolling