

# Real tools for real change

Reach your wellness goals with Real Appeal, a healthy lifestyle and weight management program designed to help you take control of your health, all at **no additional cost** to you. Pair weekly coaching, science-backed strategies, and online tools and trackers with the **free\* Real Appeal Success Kit** to support your ongoing journey toward healthier living!

## What's in the kit?

Get supportive tools delivered right to your door to help you make healthier choices.



### Body Weight Scale:

Track your weekly progress with this accurate and easy-to-use digital scale.



### Balanced Portion Plate:

Eat balanced meals and recognize the suggested serving sizes of the foods you eat with this dishwasher-safe plate.



### Food Scale:

Take all the guesswork out of food measurements with this convenient kitchen tool.



### Fitness on Demand:

Access hundreds of online workouts through Fitness on Demand™ from the comfort of your home.

\*Success Kit is provided after a member attends their first session.

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

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## Ready to join?

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

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