



# Real Appeal®

WEIGHT LOSS SUPPORT

## Lasting Success Starts With Small Steps

Getting healthier starts with taking consistent steps, celebrating every win, and staying on track during setbacks. Real Appeal® on Rally Coach™ is a proven online weight loss program that supports you, week by week and day by day. It's available to you and eligible family members at no additional cost as part as part of your health insurance.



### Supporting You Every Week

- Stay motivated with weekly 30-minute online group sessions. Only your coach is visible, so you can join the chat or just watch.
- Build healthy habits with rotating weekly topics, including nutrition, fitness, sleep, stress, and more.
- Set new, doable goals each week that align with your focus areas, then track your progress.



### Supporting You Every Day

- Use digital food and activity trackers to monitor your progress. Sync with third-party apps like Apple Watch, Fitbit, and more.
- Get online support from your coach if you have questions or need extra encouragement.
- Set smaller, daily goals and use all the guides, recipes, and workouts in your free Success Kit.

Get Started Now at  
**[enroll.realappeal.com](https://enroll.realappeal.com)**

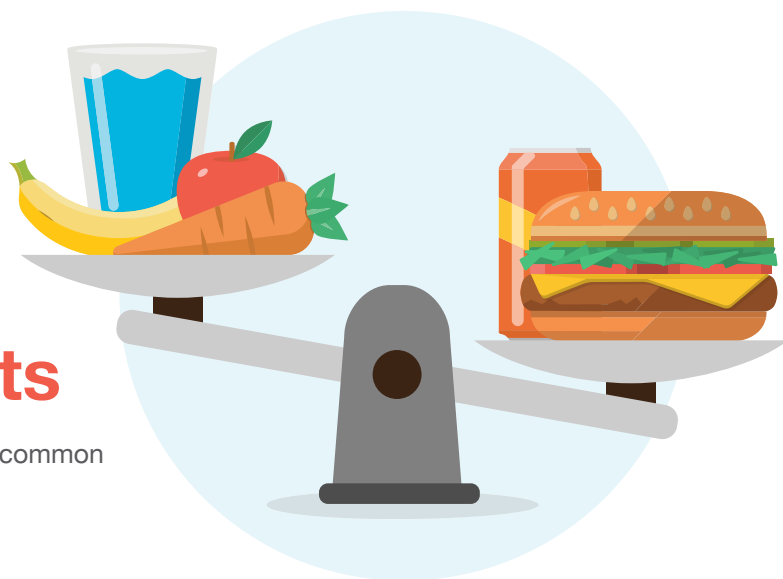
Have your health insurance ID card handy when enrolling.

**See more about the nutrition, fitness, and wellness topics you'll learn about with Real Appeal on the back.**

RALLY/COACH™

# How We Help You Build Healthier Habits

Here are just some of the topics Real Appeal covers. The common thread? Taking small, consistent steps for lasting change.



## Nutrition Topics Include:

- Eating healthier and managing hunger
  - Prepping meals and cooking with fewer calories
  - Making healthy choices when you dine out
  - Becoming a savvy food shopper
  - Tackling cravings and emotional eating
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## Fitness Topics Include:

- Finding the types of exercise that motivate you
  - Sneaking more activity into your day
  - Burning calories more efficiently each day
  - Making your nutrition and fitness plans work together
  - Planning a workout routine
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## Wellness Topics Include:

- Navigating stress and how it impacts your weight
- Getting a better night's sleep
- Handling curveballs like holidays, weekends, parties, and more
- Staying motivated and pushing through plateaus
- Finding your motivation to stay on track

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**Real  
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