



Real Appeal[®]

WEIGHT LOSS SUPPORT



Cheers to a Healthy Holiday Season

The holidays can be a challenging time to make healthy choices.
This season, give yourself the gift of Real Appeal[®].

Helping You Stay on Track

Real Appeal on Rally Coach[™] is a proven online weight management program. It's available to you at no additional cost as part of your health insurance.



Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes.



Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

Get started now at
enroll.realappeal.com
or scan the QR code.

Please have your health insurance ID card handy when enrolling.



Healthy Habits to Reach Your Goals

Eat Your Veggies Twice

Eat 2½ servings each day, equivalent to one cup of cooked, raw, or canned veggies.



Snack on Fruit

Reach your daily fiber needs and satisfy your sweet tooth with two servings a day.

Fill Up on Fiber

Eat more fruits and veggies, along with healthy fats like nuts and avocados.



RALLY/COACH[™]

Real Appeal is available to members at no additional cost as part of their medical benefits plan, subject to eligibility requirements.
The Real Appeal program is educational in nature and is not a substitute for medical advice.

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