

Weight loss that's free.

A difference that's real.



Convenient online program. **Real results.**

Real Appeal® is a free* online weight loss program available to you as part of your employee benefits.

With Real Appeal you get:

- A **Transformation Coach** who leads weekly online group sessions.
- **Online tools** to help track your food, activity, and weight loss progress.
- A **Success Kit** with recipes, scales, workout DVDs, and more — shipped right to your door.



A **Real Appeal** Success Story



BEFORE

AFTER

Veronica

Real Appeal Member

38

lbs lost

Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

Eligible members with our employee benefits plan can enroll starting on 1/1/19.

UofA
UNIVERSITY OF ARKANSAS SYSTEM

Real Appeal®

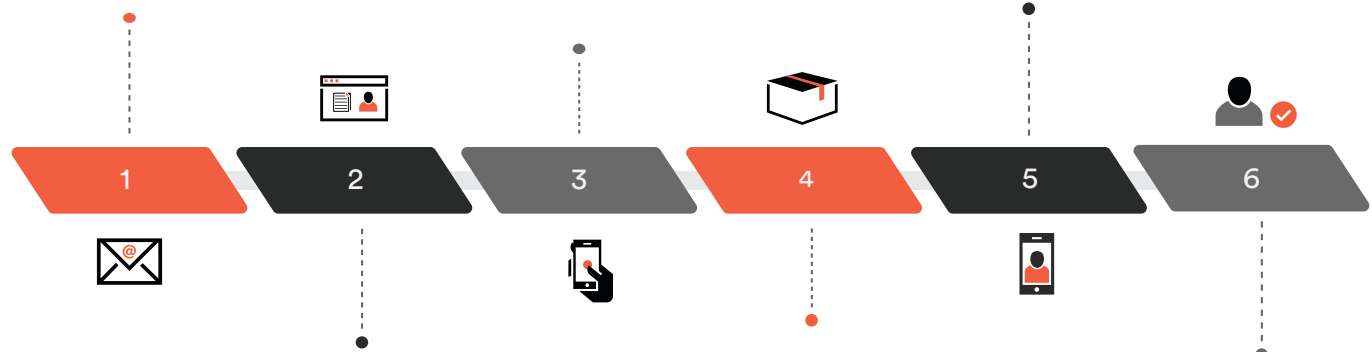
*Real Appeal is available at no additional cost to employees with our UAS Health Plan with a BMI of 23 and higher, subject to eligibility.

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The Real Appeal experience.

Invitation to Enroll

You will receive an invitation to enroll in Real Appeal or you can enroll with a provided URL.



Weekly Sessions

Select a time to begin your weekly online group sessions that are led by specially trained Transformation Coaches.

Digital Tools

The mobile app gives you access to online tools that help track food, activity and weight loss progress.

Personalized Coaching

You may be eligible for personalized coaching with your Transformation Coach for one-on-one guidance.

Success Kit

After the first session, a Success Kit with food and weight scales, recipes, workout DVDs and more are delivered to your home.

Lasting Change

Using these tools and methods - healthy, smart habits will begin to form and stick.

Our members have seen results.¹

480K+
Participants



1. Real Appeal Book of Business through January '18, 4+ session attendance of at-risk participants.

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Real Appeal[®]