



# Weight loss that's free.\*

A difference that's real.

## Lose weight with **Real Appeal**<sup>®</sup>

Real Appeal is an online weight loss program available at no additional cost as part of your employee health benefits plan.

### 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 food and weight scales, recipes, workout DVDs and more - shipped to your door.



### A Real Appeal success story



"When I joined Real Appeal, I could see the results right away. I look better, I feel better and I'm no longer pre-diabetic. I changed my life forever!"

**Rochelle**  
Real Appeal member

**80**  
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.

Become a member for free at [enroll.realappeal.com](http://enroll.realappeal.com)

For the best experience, access Real Appeal from your own device.



**Real Appeal**<sup>®</sup>

\*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.