New employee benefit – Sign-up today!

We all want to live a healthy life. Though each of us may have different goals for our health, taking simple steps in the right direction leads to positive life changes and helps us to achieve these goals. This is why we are offering Real Appeal®, a convenient digital weight loss benefit available at no additional cost* that is designed to solve the typical barriers to managing your health.

Real Appeal helps you lose weight and reduce your risk of developing certain diseases like diabetes and cardiovascular disease as it’s based on decades of proven clinical research. Real Appeal members who attended 4 or more sessions lost an average of 10 pounds. Individual results may vary. Consult your physician before starting any weight loss program.

When you enroll, you receive:

- Up to a year of support from your Transformation Coach who guides you through the program and develops a simple, customized plan that fits your needs, preferences and goals.
- 24/7 access to digital tools and dashboards that help you track your food, activity and weight.
- A success kit full of healthy weight management tools including fitness guides, a recipe book (with quick family meal ideas and fast-food eating tips), weight scale and more.
- Weekly online group sessions to learn healthy ideas from your coach and other members who share what’s helped them achieve success.

If you’re ready to spark your transformation, enroll today at enroll.realappeal.com. For the best experience, access Real Appeal from your own device.

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