



Weight Loss That's Free*

A difference that's real.

Real
Appeal®

Real Appeal® is an online weight loss program available to you and your eligible family members at no cost to you through your HealthSelect benefits.

With Real Appeal you get:

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



Get started today at
healthselect.realappeal.com

HealthSelect[®]
of Triad

CONSUMER DIRECTED
HealthSelect[®]

Real
Appeal[®]

Have your medical ID card accessible during enrollment.

*Real Appeal is available at no additional cost to eligible employees, retirees, and covered spouses and dependents, 18 and older, enrolled in a HealthSelect plan (excluding Medicare-primary participants.)