

**Subject Line:**  
Real Appeal showed Melvin a healthier way of life

**Pre-header:**  
Taking small steps for lasting change



# Little Things Add Up — Melvin’s Story

Helping you take small steps for lasting change is what Real Appeal® is all about. It’s an online weight management program that can help you lose weight and keep it off, like Melvin did.

Real Appeal showed Melvin a new way of living with support from a coach, food tracking, and burning extra calories doing everyday tasks. It all added up to a 57-pound weight loss. Discover what Real Appeal can do for you.

[Get Started](#)

*Be sure to have your medical ID card handy when enrolling.*

**Melvin**  
Austin, TX  
**Lost 57 lbs.**

*“Step by step I just made some small changes. This feels sustainable and habits I will do for the rest of my life.”*



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

[Get Started](#)

*Real Appeal is available at no additional cost to employees enrolled in HealthSelect<sup>SM</sup> of Texas and Consumer Directed HealthSelect<sup>SM</sup> plans, their covered spouses and dependents 18 or over with a BMI of 23 and higher, subject to eligibility.*



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**HealthSelect**<sup>®</sup>  
of Texas

CONSUMER DIRECTED

**HealthSelect**<sup>SM</sup>



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## Melvin

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**Real  
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