

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 HealthSelectSM of Texas and Consumer Directed HealthSelectSM plans, their covered spouses and dependents 18 or over with a BMI of 23 and higher, subject to eligibility.



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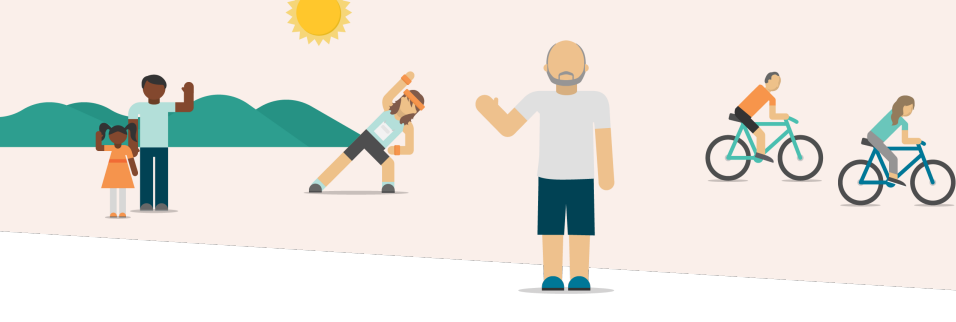
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HealthSelect[®]
of Texas

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HealthSelectSM



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**Real
Appeal**[®]

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