



# Real Appeal®

## WEIGHT MANAGEMENT SUPPORT



# Little Things Add Up

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.

### A Real Appeal Success Story



**Reason for Joining**  
"I wanted to lose weight to be healthy for my grandkids."



**Favorite Aspect of the Program**  
"I like that it's not extreme. I didn't have to beat up on myself for having a bad day. I feel amazing and am excited about retirement."



**Words of Advice**  
"Do it. It works if you want it to!"

Real Appeal is available to you and eligible family members at no additional cost as part of your health benefits plan.

Start your own Success Story at [healthselect.realappeal.com](https://healthselect.realappeal.com) or scan the QR code.

Please have your medical ID card handy when enrolling.



### Melvin's Transformation



**Melvin**  
Austin, TX

**57**  
lbs. lost

*"Real Appeal came at a time in my life when I needed it, and it gave me the tools to succeed."*

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.



Real Appeal is available at no additional cost to employees enrolled in HealthSelect™ of Texas and Consumer Directed HealthSelect™ plans, their covered spouses and dependents 18 or over with a BMI of 23 and higher, subject to eligibility. The Real Appeal program is educational in nature and is not a substitute for medical advice.