

## Lose Weight with Real Appeal

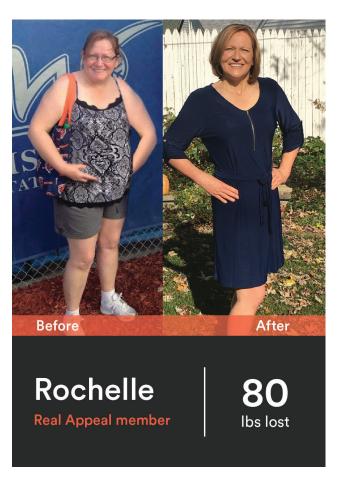
Real Appeal® is an online weight loss program available to you and your eligible family members at no cost to you through your HealthSelect benefits.

## 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.



## **A Real Appeal Success Story**



Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

Get started today at healthselect.realappeal.com

**Health**Select





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.)