

Lose Weight with Real Appeal

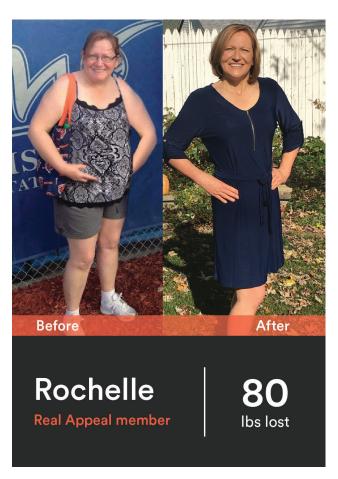
Real Appeal® is an online weight loss program available to you and your eligible family members at no cost to you through your HealthSelect benefits.

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

HealthSelect





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.)