



# Weight Loss That's Free\*

A difference that's real.

## 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



Before

After

**Rochelle**  
Real Appeal member

**80**  
lbs lost

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](http://healthselect.realappeal.com)

HealthSelect

CONSUMER DIRECTED  
HealthSelect

**Real  
Appeal**

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.)