

Get Inspired to Change Your Life

Tara lost 114 pounds in 1 year with Real Appeal.



Real success featured on PEOPLE.com

With small, achievable goals, Tara was able to directly impact her Type 2 diabetes diagnosis and transform her life.

“I want to be a role model. [My family has] gotten an understanding of what a healthy lifestyle is by being able to watch my transformation.”

Real Appeal® is a free* online weight loss program available to you as part of your employee benefits.

Real Appeal can help you reach your goals with:

- A **Transformation Coach** who leads weekly online group sessions.
- **Online tools** to help track your food, activity, and weight loss progress.
- A **Success Kit** with recipes, scales, workout DVDs, and more — shipped right to your door.



Join Real Appeal for free at
enroll.realappeal.com

A Real Appeal Success Story



BEFORE

AFTER

Tara

Real Appeal member

114

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.

Real Appeal®

*Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to eligibility requirements.

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