

## 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.

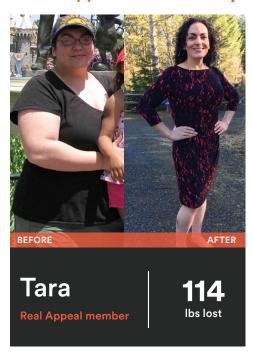
Real Appeal can help you reach your goals with:

- 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



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.



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