



Get Support to Create a Healthier Lifestyle



Now's a Great Time to Get Started

Start taking small steps for lasting change with Real Appeal®. It's an online weight management program offered by the University of Arkansas System. And it's available to you at no additional cost as part of your University medical plan.

Everything You Need to Create Healthier Habits



Supportive Coaching and Sessions

Get personalized guidance from a coach, who leads collaborative weekly group sessions.

Making Behavior Change Possible

Together, we'll address topics like emotional eating, mindset and motivation, and more.

Resources to Stay Motivated

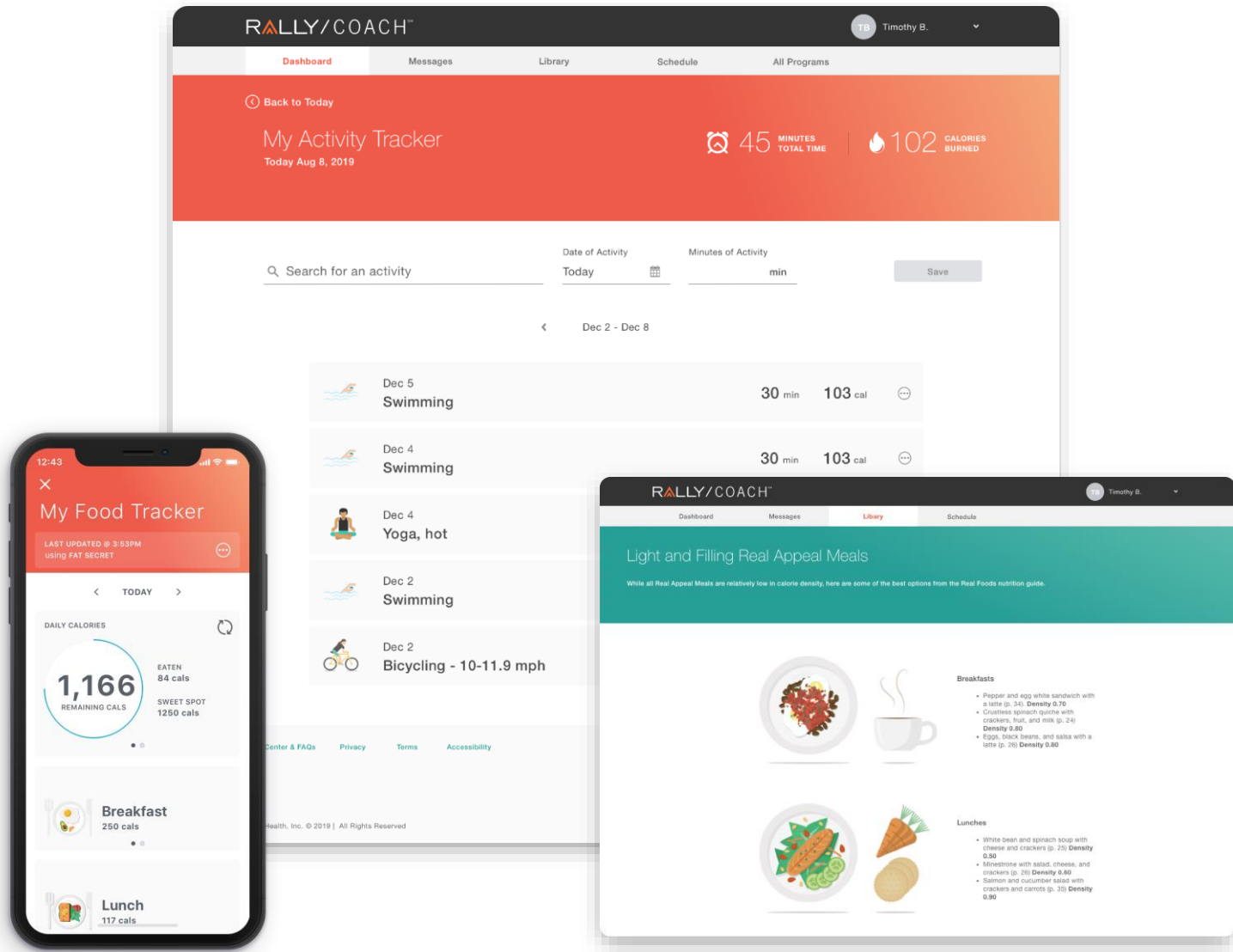
Your Success Kit gives you access to online fitness classes, scales, a portion plate and more.

Get started now at enroll.realappeal.com or scan the QR code.



Not on our health plan yet? Sign up for Real Appeal® once your benefits become active.

Please have your health insurance ID card handy when enrolling.



Helping You Track Your Progress

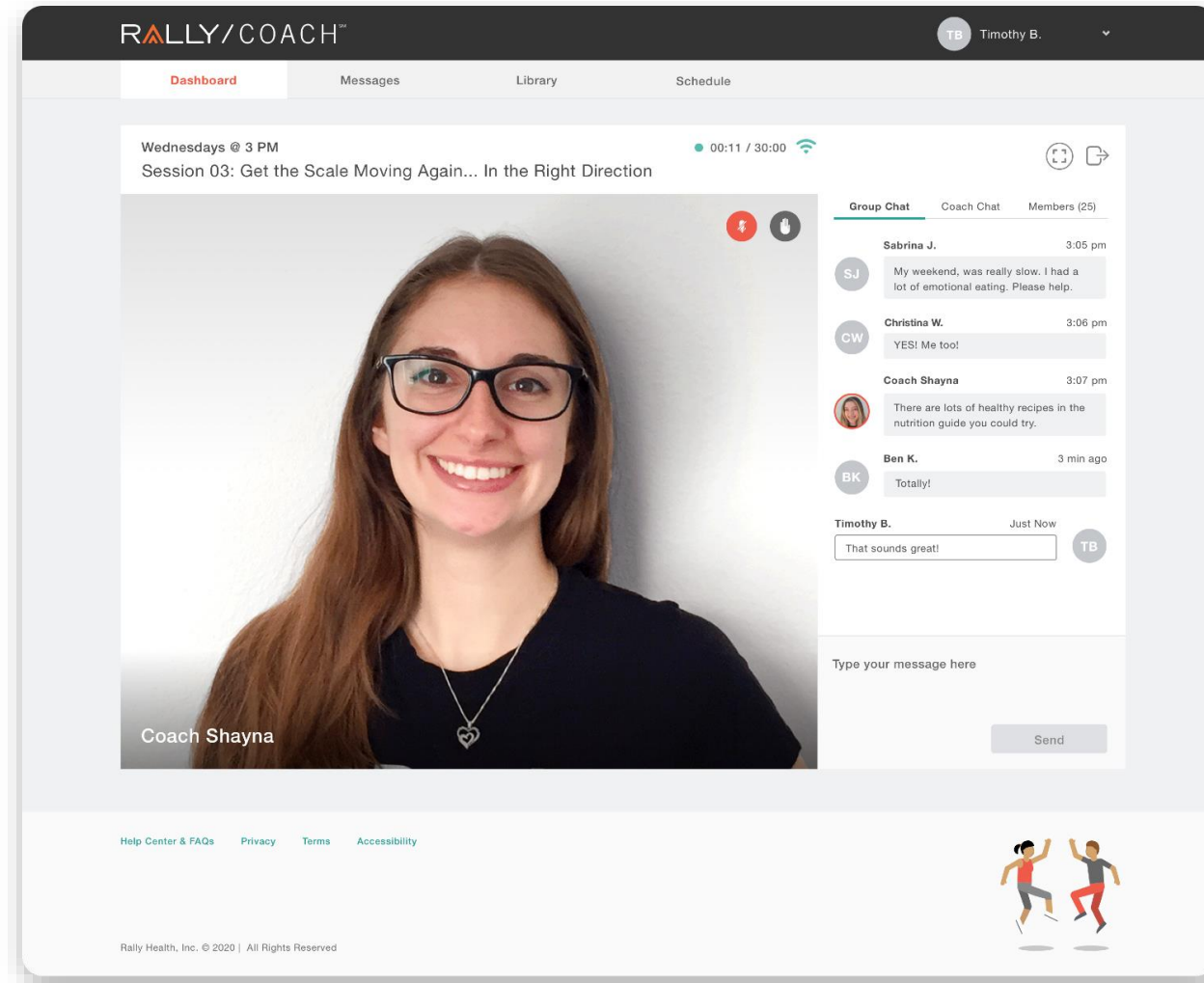
Real Appeal® makes it easy to chart your daily progress with food and activity trackers.

Stay motivated with tasty new recipes and a variety of online workouts.

Personalized Support Every Step of the Way

Real Appeal® coaches support and guide you as you build healthier habits and create a healthier lifestyle.

Your weekly online group sessions are collaborative, engaging and inspiring, with group members cheering each other on.





Your Success Kit

Access online fitness classes that are right for you, anytime, anywhere. You'll also get scales, a portion plate and more.

You'll receive your Success Kit after attending your first online session.

Get started now at enroll.realappeal.com or scan the QR code.



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*Real Appeal is available at no additional cost to employees enrolled in a UAS health plan with a BMI of 23 and higher, subject to eligibility.