



## Tap into personalized wellness content

Real Appeal® is a healthy lifestyle and weight management program that uses small, sustainable steps to help you reach and maintain your wellness goals. Take advantage of 1:1 coaching, nutrition and activity trackers, and science-backed educational content — all **at no additional cost** as part of your benefits.

### Now, dig even deeper with the Wellness Series!

Everyone's health journey is different. Sometimes, unexpected hurdles arise. Or maybe you're curious about topics not covered in the program.

#### *Enter: The Wellness Series.*

Boost your Real Appeal experience by exploring topics and attending group sessions based on subjects that interest you.

*Choose from a growing list of health topics, including:*



Fitness



Nutrition



Family Wellness



... and more to come!



**Get the most out of Real Appeal with the Wellness Series! Learn more and register at [enroll.realappeal.com](https://enroll.realappeal.com)**

\*The Wellness Series is available to members who have completed the first 4 weeks of the Real Appeal program.