

## Explore personalized wellness content

Real Appeal is a weight loss program that uses small steps to help you reach and maintain your wellness goals.

These powerful resources are available at **no additional cost\*** as part of your benefits:

- Group and 1:1 coaching
- Trackers for nutrition and activity
- Science-backed educational content

### Dig deeper with the Wellness Series!

For additional support, the **Wellness Series** offers self-guided lessons and group sessions on subjects not covered in Real Appeal.



#### Dive into health topics like:



Fitness



Nutrition



Menopause



Family Wellness



...and more to come!

SCAN ME



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.*

\*Real Appeal is available to eligible members at no additional cost as part of your health benefits. Talk to your doctor before starting any weight loss program. Real Appeal is a registered trademark of Real Appeal, LLC.

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