



Real Appeal Webinar: Staying on Track

Making a lifestyle change to lose weight can seem intimidating. In this event you'll hear from one of our Real Appeal coaches to learn tips about how to overcome common challenges and stay on track with your goals.

Tools and Support to Keep Moving Forward

Real Appeal® is an online weight management and healthy lifestyle program designed to spark a healthy transformation—at no additional cost to you.



Online Convenience

Set goals, track your meals and activity, and stream expert-led workouts — all on the Real Appeal app.



Personalized Support

Communicate with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for creating a healthy lifestyle and boosting your well-being.

Don't miss out. Register today!

Feb 12, 2025 | 2:00-2:45 pm CDT



Click here or scan the QR code to register for the event.

Ready to join Real Appeal?
Get Started at
enroll.realappeal.com

Real Appeal is available to members at no additional cost as part of their medical benefits plan, subject to eligibility requirements. The Real Appeal program is educational in nature and is not a substitute for medical advice.

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