



## Real Appeal Webinar: Nurture Your Mental Health

A focus on your mental health is a key component in maintaining a healthy lifestyle. In this event you will hear from a Real Appeal coach about how to nurture your mental health and put yourself first.

### 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 RealAppeal 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!

May 7, 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](https://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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