

# Weight Loss That's Free\*

A difference that's real.



## Lose Weight with Real Appeal

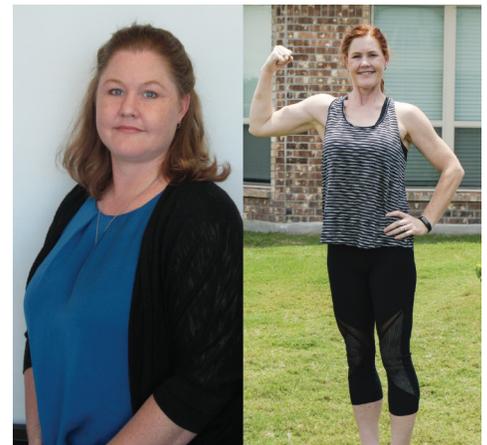
Real Appeal® is an online weight loss program soon to be available to you and eligible family members at no additional cost through your health benefits plan.

### With Real Appeal you get:

- A **Transformation Coach** who leads online group sessions.
- **Online tools** to help track your food, activity, and weight loss progress.
- A **Success Kit** with recipes, scales, workout DVDs, and more — shipped right to your door.



### A Real Appeal Success Story



Before

After

**Kori**

Real Appeal member

**94**

lbs lost

*Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.*

Watch for enrollment  
information in the coming weeks

**Real  
Appeal®**

Have your health insurance ID card accessible during enrollment.

\*Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to eligibility requirements.

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## Program highlights

- This is an online program, so you can conveniently access it from a desktop, tablet or mobile device.
- Backed by decades of proven clinical research.\*
- Covered at **no additional cost** as part of your health benefits plan.



### Watch for more information

*Your employer/health plan will soon offer Real Appeal as part of your benefits.*



### When you enroll, you'll need your:

- Insurance card
- Height and weight



### Attend online group sessions

*Up to a full year of support with specially trained Transformation Coaches and peers you can learn and exchange ideas with.*



### Access digital tools

*Utilize online tools and trackers to monitor your success.*



### Receive your Success Kit

*Your Success Kit includes recipes, scales, workout DVDs and more - shipped after your first group session.*

## A Real Appeal Success Story



Before

After

**Brent**

Real Appeal member

**65**

lbs lost

*Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.*

\*In the past 20 years, researchers have demonstrated that structured weight-loss and lifestyle-change programs can accomplish three critical employee and population health goals: 1. Improving overall health outcomes for individuals who are overweight and obese but do not yet have prediabetes or diabetes (Jensen, M.D., Ryan, D.H., Donato, K.A., et al, 2014) 2. Reducing the progression to diabetes in those who have prediabetes (Williamson, D.A., Bray, G.A., & Ryan, D.H., 2015) 3. Improving clinical markers for individuals who already have Type 2 diabetes (Espeland, M.A., Glick, H.A., Bertoni, A., et al for the Look AHEAD Research Group, 2014)