

Real Appeal[®]

WEIGHT LOSS SUPPORT



Take Small Steps to Life-Changing Habits

Real Appeal[®] is an online program to spark your weight loss transformation. The best part? It's included at no additional cost as part of your health plan benefits. Meet with an online coach to create health goals, track your activity, and find new ways to keep your body moving.



Everything You Need to Create Healthy Habits

Real Appeal® is a program on Rally Coach™ available to you and covered spouses at no additional cost as part of your health plan benefits.



Access fitness videos and digital trackers

Stream expert-led workouts, and track all of your activity metrics from the Real Appeal app.



Dedicated coach support

Connect with an online coach to create fitness and nutrition plans that best support your goals and receive additional support through group sessions.



Healthy tools — delivered to you

Receive a Success Kit with tools to get you started, including a resistance band, fitness and nutrition guides, a weight scale, and more.

Get Started Today
enroll.realappeal.com

Please have your health insurance ID card handy when enrolling.

Not on our health plan yet? Sign up for Real Appeal once your benefits are active.