

# Take small steps for lasting change, like Sandy did

Real Appeal® on Rally Coach™ is an online weight management support program that can help you and eligible family members get healthier and stay healthier. On average, participants lose 10 pounds after attending just four online sessions.\*

## Get support every step of the way

### 1-on-1 coaching

Stay on track and motivated with online group sessions led by a coach.

### No additional cost

Real Appeal is available at no additional cost as part of your health benefits.

### Success kit

Get scales, a portion plate and access to on-demand fitness videos that match your level and goals.

**“It’s given me the tools to eat healthfully. With personal coaching and weekly education on living a healthy lifestyle, I lost 60 pounds. I feel great.”**



Sandy lost  
**60 lbs**

**Learn more**

Start today at [realappeal.com](https://realappeal.com)



\*Real Appeal is a voluntary weight loss program that is offered to eligible participants over age 18 at no additional cost as part of their plan benefits. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program. Talk to your doctor before starting any weight loss program.

Administrative services provided by Oxford Health Plans LLC. Stop-loss insurance is underwritten by All Savers Insurance Company in CT, UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.