



Real Appeal® is an online weight loss program 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 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.

Real Appeal®

Weight Loss That's Free*

A difference that's real.

Get started today at
enroll.realappeal.com

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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Combine a Few Ingredients for a Simple, Healthy Real Appeal Snack.



Strawberries with Peanuts and Chocolate

- 1/2 cup sliced strawberries
- 8 salted, roasted peanuts, chopped
- 8 bittersweet chocolate chips

111 Calories | 7g Fat



Blueberries and Nuts

- 1/2 cup blueberries
- 11 unsalted, roasted almonds, chopped
- 1 tablespoon roasted, salted pumpkin seeds

145 Calories | 9g Fat



Spicy Almond Popcorn

- 2 cups air-popped popcorn
- 8 unsalted, roasted almonds, chopped
- 1 teaspoon olive oil
- 1 teaspoon salt
- Pinch of chili/cayenne powder

163 Calories | 11g Fat

**Real
Appeal**

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