



WEIGHT LOSS SUPPORT



Start Your Real Appeal Journey

Real Appeal® is a free* online lifestyle program designed to help you lose weight, feel better, and improve your health – one small step at a time.

Make the Change You've Always Wanted

Real Appeal is a program on Rally Coach™ available to you and eligible family members ages 18 and over at no additional cost as part of your GHP medical plan benefits. Plus, by completing 9 Real Appeal sessions prior to November 30 of the plan year, eligible participants and spouses can earn the full annual reward of \$150 through GHP Wellness Connections.



Live Online Sessions

Join weekly online group sessions led by a coach, with the flexibility to reschedule anytime.



Tailored to You

You are not visible in the online group sessions and can choose how you'd like to participate.



Stay on Track

Use our fitness, food and weight trackers to stay on top of your progress and hit your goals.



Success Kit

Receive a Success Kit with food and weight scales, exercise tools, food guides and more.




Get Started Today at
ntcaghp.realappeal.com

Have your GHP ID card handy when enrolling.

With Real Appeal, You'll Learn Ways to

- Eat Healthier
- Stay Active
- Fit healthy choices into your lifestyle
- Stay motivated and energized
- Develop lasting, healthy habits

What you need to Register

-  **GHP ID Card**
-  **Personal Calendar –**
to choose your weekly online session day and time
-  **Shipping Address –**
to receive a Success Kit after attending your first online session.

NTA BENEFITS
THE RURAL BROADBAND ASSOCIATION

GHP WELLNESS
Connections

RALLY/COACH™

*Real Appeal is available at no additional cost to eligible medical plan participants ages 18 and over with a BMI of 19 or greater, subject to eligibility requirements. © 2021 Real Appeal, Inc. All rights reserved.