

# Real Appeal®

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.



#### 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.

### 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.

Real Appeal is available to you starting January 2022

Look for detailed enrollment information coming soon.

**NTA BENEFITS**  
THE RURAL BROADBAND ASSOCIATION

**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. WF5543949 214616-102021 OHC