

Real Appeal®

WEIGHT LOSS SUPPORT

Lasting Weight Loss at No Cost

You are invited to join Real Appeal®, 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 at no additional cost as part of your health benefits plan.



Success Kit

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



Live Online Sessions

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



Personal Participation

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



Goal Setting

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

Go to enroll.realappeal.com or scan the QR code to get started.

What you need to Register



Health Insurance Card

Enter your provider information to receive Real Appeal at no cost.



Personal Calendar

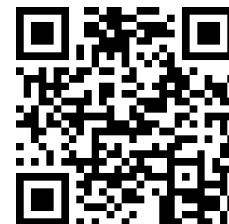
Choose a weekly online session date and time that works best for you.



Shipping Address

Receive a Success Kit after attending your first online session.

Ready to join?



Open the camera app on your phone, point the lens at the QR code, and tap the pop-up notification.

RALLY/COACH™