



Supporting You in More Ways Than Ever

Ready for a healthy lifestyle? Real Appeal® now offers even more coaching, more focus on building new habits, and more inspiration.

Creating and Maintaining a Healthy Lifestyle

Real Appeal is an online lifestyle and weight management program. It's available to you at no additional cost as part of your health insurance.



More Personalized Coaching

You get more time with a coach in a new, more collaborative group session experience.

More Mind-Body Content

From self-care and mental health, to strength training and weight maintenance, we're on it.

More Ways to Stay Engaged

Weekly challenges, inspirational messages, and meditations help you stay motivated.

Our members asked for it, so we've added:

A focus on challenges we all face

You'll learn how to handle emotional eating, lack of motivation and more.

An updated Success Kit and online fitness content



Access online fitness classes that are right for you, anytime, anywhere. You'll also get scales, a portion plate and more.

New content for group sessions

Our updated health and wellness content is more interactive to keep you engaged.



Get started now at enroll.realappeal.com or scan the QR code.

Please have your health insurance ID card handy when enrolling.