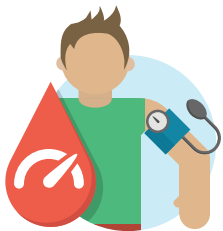




# Your Health: By The Numbers

Biometric numbers offer a quick and easy way to get a snapshot view of your health. By combining your numbers with other factors, such as family history, they can provide important insights into your current and future health risks — plus ways to avoid them.

Here are four biometric numbers to learn more about and discuss with your doctor:



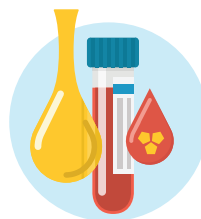
**High blood pressure** is a major risk factor for heart disease and stroke. For normal blood pressure, your top number (systolic pressure) should be lower than 120 and your bottom number (diastolic pressure) should be lower than 80.



**Blood glucose (blood sugar)** numbers can potentially help you prevent or delay the onset of diabetes, or help you better control it. For people without diabetes, a fasting glucose under 100mg/dL or A1C under 5.7 percent is normal.



**Body Mass Index (BMI)** measurements place you in a category based on your height and weight. 18.5 or lower is considered underweight, 18.5-24.9 is healthy, 25-29.9 is overweight and 30+ is obese.



**High LDL cholesterol** puts you at risk for heart disease and stroke. If your LDL cholesterol is 190 mg/dL or higher, your doctor might prescribe cholesterol-lowering medication.

Looking to improve your numbers? Flip over to learn how Real Appeal® can help you reach your health goals.



## Helping You Build Healthier Habits

Imagine having all the support you need to create a healthy lifestyle and boost your well-being. Real Appeal® makes it possible, by helping you take small steps for lasting change.

### More Support for More Confidence

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



#### Supportive Coaching and Sessions

Get personalized guidance from a coach, who leads collaborative weekly group sessions.

#### Making Behavior Change Possible

Together, we'll address topics like emotional eating, mindset and motivation, and more.

#### Resources to Stay Motivated

Your Success Kit gives you access to online fitness classes, scales, a portion plate, and more.

### Boosting your well-being starts with:

#### Your mindset

We'll dive into awareness, motivation, confidence, accountability, and more.

#### Holistic health

Creating a healthy mindset starts with focusing on actions, not just weight loss.

#### Peer support

Your online group supports you by sharing challenges and successes.



Get started now at [enroll.realappeal.com](https://enroll.realappeal.com) or scan the QR code.

Please have your health insurance ID card handy when enrolling.