



WEIGHT LOSS SUPPORT



## Start Your Real Appeal Journey

RealAppeal® 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 at no additional cost as part of your health benefits plan.



#### 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  
[aoc.realappeal.com](http://aoc.realappeal.com)

Have your Optum RX 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

- ➕ Optum RX 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.

RALLY/COACH™