



It's more than just “getting in shape”...

It's the vacation hikes. The bike rides. It's knowing you'll make the most out of family time. And it doesn't have to involve a huge lifestyle change. Taking a few small steps can result in lasting change that you can actually maintain.

From group coaching sessions with experts to on-demand motivational resources, Real Appeal® offers an approach to health and wellness that's tailored to your needs. Real Appeal® is available to you at no additional cost as part of your health benefits plan.

Tools for Healthy Living

Online Coaching

You don't have to be a health expert. But it helps to work with one!

Success Kit

Start your health journey with scales, a balanced portion plate, and access to online fitness content — all at no additional cost.

Fitness on Demand

Access hundreds of online workouts from the comfort of your home.



“I've struggled with weight my entire life, and had pretty much resigned myself to this being my fate...When people ask how I lost the weight, I tell them I started Real Appeal. When they wonder what that is, I tell them: It's a way to change your life.”

— Ken, Lebanon, MO



Get started now at enroll.realappeal.com or scan the QR code to take the first small step toward a healthier life.

Have your health insurance ID card handy when enrolling.

Get fit. Get results.



Fitness should be easy, flexible and doable for everyone. Real Appeal® is an online weight management and healthy lifestyle program designed to spark a healthy transformation—at no additional cost to you. It all starts with simple, realistic goals.

Support to get you moving:



Fitness on Demand™ Fitness on your schedule

Get moving and motivated with hundreds of on-demand workouts, available anytime, anywhere, at no additional cost.



Online coaching Get personalized tools

Set fitness goals and track progress with the help of a coach.



Success kit Crush your fitness goals

Start your health journey with scales, a balanced portion plate and access to online fitness content.

You have access to Real Appeal®, a proven program built to help you succeed through workouts, ongoing support and helpful resources — at no additional cost as an eligible member.

Sign up today

Visit enroll.realappeal.com or scan the QR code

Have your health insurance ID card handy when enrolling.



Real Appeal is available at no additional cost to employees, their covered spouses and dependents 18 or over with a BMI of 23 or greater, subject to eligibility.

The Real Appeal program is available to eligible members at no additional cost as part of your health benefits. The Real Appeal program is educational in nature and is not a substitute for medical advice.

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Real Appeal®