

Real Appeal®

WEIGHT LOSS SUPPORT



Start Your Real Appeal Journey

Real Appeal® 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 and eligible family members 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
columbuscityschools.realappeal.com

Have your health insurance 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

- ➕ **Health Insurance 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™