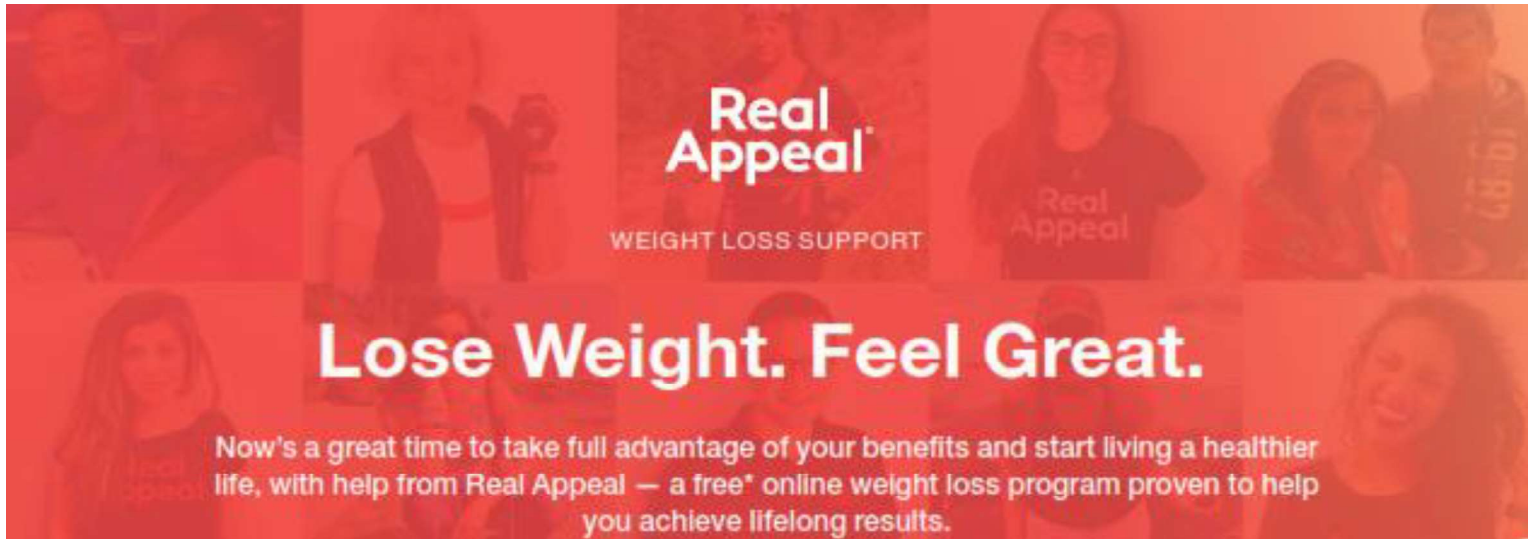


Real Appeal



Make the Change You've Always Wanted, for Free

Real Appeal is available to you and eligible family members at no additional cost as part of your company's health benefits plan.



Small steps. Lasting change.

Set achievable nutrition, exercise, and weight loss goals, then track your progress from your daily dashboard.



Support and guidance. Committed to you.

Stay focused on your goals with online group sessions led by coaches and a caring community of members.



Tools and resources. Delivered to your door.

You'll receive a Success Kit with weight and food scales, exercise tools, food guides, and more.

Get Started Today.

dosp.realappeal.com

Not on our health plan yet? Sign up for Real Appeal once your benefits are active.

A Real Appeal Success Story



Nicholas
Livonia, MI

110
lbs. lost

"My coach helped me every step of the way. Now I have so much energy and feel so much younger."

Real Appeal members who attended four or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.



*Real Appeal is available at no additional cost to active employees and covered retirees with our Aetna Meritain insurance and a body mass index (BMI) of 23 or higher.