



# Weight loss that's free.\*

A difference that's real.

## Real Appeal is an online program that can help you lose weight and improve your health.



### Receive up to a year of support

A Transformation Coach will lead weekly online group sessions with simple steps on nutrition, exercise and how to break through barriers to reach your goals.



### Real benefits

Real Appeal will help you learn how to live a healthy, balanced life. Research shows that losing just 5% body weight can help reduce the risk of type 2 diabetes and heart disease.<sup>1</sup>



### Proven weight loss

Real Appeal members who attended 4 or more sessions during the program lose 10 pounds on average. Talk to your doctor before starting any weight loss program.



### Tools made for real life

You'll receive a Success Kit containing food and weight scales, delicious recipes, workout DVDs and more. Monitor your progress with online food and activity trackers - available anywhere, anytime.



Real Appeal Success Kit

Become a member for free at [stateofarizona.realappeal.com](http://stateofarizona.realappeal.com)



\*Real Appeal is offered at no additional cost to employees, spouses and dependents age 18 and older as part of your medical benefit plan, subject to eligibility requirements. State of Arizona employees who complete the Welcome and 9 Group Sessions are eligible to receive 200 HIP points under the weight loss program challenge. Points must be logged by 12/31/18. Participants may receive HIP points one time per program year. Visit [www.totalwellbeing.az.gov](http://www.totalwellbeing.az.gov) for more information.

1. Wing RR, Lang W, Wadden TA, et al. Benefits of Modest Weight Loss in Improving Cardiovascular Risk Factors in Obese and Overweight Individuals with Type 2 Diabetes. *Diabetes Care*. 2011;34(7):1481-1486.

# Your Real Appeal experience.

# Real Appeal®

## Program highlights

- This is an online program, so you can conveniently access it from your desktop, tablet or mobile device.
- Backed by decades of proven clinical research.\*
- Covered at **no additional cost** as part of your medical benefits plan.

To enroll, visit [stateofarizona.realappeal.com](http://stateofarizona.realappeal.com)



### When you enroll, you'll need your:

- Insurance card
- Height and weight



### Attend weekly online group sessions

Up to a full year of support with specially trained coaches and peers you can learn and exchange ideas with.



### Access tools

Online tools and trackers available 24/7 so you can monitor your success.



### Receive your Success Kit

A Success Kit with food and weight scales, recipes, workout DVDs and more will be shipped to your door after your first session.



### Spark your transformation



"I have a family history of diabetes, so I knew I had to make changes. Real Appeal has given me the tools to eat healthier and taught me the right amount of exercise that will make a difference."

**Sandy**  
Real Appeal  
member

**60**  
lbs lost

Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.



Follow us on  
social media

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\*In the past 20 years, researchers have demonstrated that structured weight-loss and lifestyle-change programs can accomplish three critical employee and population health goals: 1. Improving overall health outcomes for individuals who are overweight and obese but do not yet have prediabetes or diabetes (Jensen, M.D., Ryan, D.H., Donato, K.A. et al, 2014) 2. Reducing the progression to diabetes in those who have prediabetes (Williamson, D.A., Bray, G.A., & Ryan, D.H, 2015) 3. Improving clinical markers for individuals who already have Type 2 diabetes (Espeland, M.A., Glick, H.A., Bertoni, A., et al for the Look AHEAD Research Group, 2014)