

The District, through the MISSVIC Insurance Cooperative, is excited to announce a brand-new employee benefit called Real Appeal, which gives you the opportunity to work one-on-one with a personal coach to lose weight and keep it off for good.

We are offering this valuable benefit for free to all eligible employees, spouses/domestic partners and dependents 18 and older with UnitedHealthcare insurance and a BMI of 23 or greater.

Visit getreal.realappeal.com to register today.

How does Real Appeal work?

Real Appeal is founded on 20 years and nearly \$1 billion in science-based research designed to help people lose weight – and keep it off.

When you sign up today, you get a free Success Kit and weight loss coach. Your coach works with you to customize the program to your schedule, your current fitness level and your personal dietary requirements. Whether you want to lose 10, 20, even 30 pounds or more, your coach keeps you motivated and inspired to help you reach your individual weight loss and health goals.

What's included in my free Success Kit?

Your Success Kit includes a personal blender, pedometer, workout DVDs, electronic body weight scale, electronic food scale, step-by-step session guide, nutrition guide (including quick family meal ideas and fast food eating tips), water bottle, and much more as shown in the picture below! You'll get everything you need to lose the weight and keep it off once and for all.

To learn more and hear from Real Appeal participants about their experience in the program, watch the Real Appeal Experience video at realappeal.com/video

Who's doing it?

This program is being offered to all districts within the MISSVIC insurance cooperative, so colleagues within our district as well as other districts, have this opportunity. We want to support all of our colleagues who want to lose weight, feel healthier, and have more energy all day long.

We are excited to offer you this incredible opportunity to get the health and life you deserve. Best of all, it is entirely free to you!

Ready to sign up? **Enroll now at getreal.realappeal.com.**

