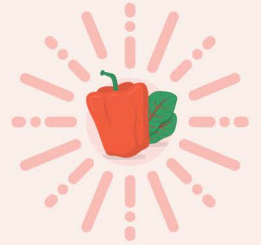




WEIGHT LOSS SUPPORT



Your Healthy New Year Starts Here

Get your New Year's weight loss resolutions off to a good start with all the tools, resources, and support you need to take small steps for lasting change on Real Appeal®

Helping You Stay on Track

Real Appeal on Rally Coach™ is a proven online weight management program. It's available to you and eligible family members at no additional cost as part of your health plan benefits.



Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes.



Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

Get started now at nalc.realappeal.com or scan the QR code.

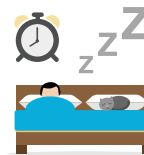


Please have your health insurance ID card handy when enrolling.

Daily Healthy Habits to Reach Your Goals

Drink Up

Drink plenty of water during your day — and be sure to drink extra after exercise.



Make Sleep a Priority

Get 7-9 hours to improve your mental health, focus, and immune system.

Move Your Body

Find ways to make movement part of your day, even if it's just taking the stairs.



RALLY/COACH™

Real Appeal is available at no additional cost to employees and their eligible family members with a BMI of 23 or greater, subject to eligibility. The Real Appeal program is educational in nature and is not a substitute for medical advice.