



Better Health by the Pound

We're celebrating the **5,045** pounds lost by NALC members with Real Appeal,[®] an online weight loss program on Rally Coach.[™]

Together, We Can Go Even Further

You can add to our team's success by joining Real Appeal today at no additional cost as part of your medical insurance. With Real Appeal, you'll receive:



Community & Coach Support

Our coaches are there to listen and guide you every step of the way. Join virtual group sessions led by a coach that help you stay on track toward your goals.



Anytime, Anywhere Access

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes — all on the Rally Coach app.



Tools for Success

Get a Success Kit delivered right to your door. Your Kit will include a resistance band, food scale, weight scale, portion plate, and more.

Join in Our Success at: nalc.realappeal.com

Have your health insurance ID card handy when enrolling.

5,045 Pounds Lost and Counting



Big wins like this come from small steps – and every pound makes a difference.

It's not too late. Join Real Appeal and help us toward our next milestone!



RALLY/COACH[™]

Real Appeal is available at no additional cost to members with the National Association of Letter Carriers medical insurance, their covered spouse and dependents 18 or over, subject to eligibility.

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