

Happier, Healthier: Your Year Is Here

Make the change you've always wanted with help from Real Appeal[®], a free* online weight loss program proven to help you achieve your New Year's goals — and live healthy for years to come.

Lose Weight and Feel Great This New Year

Real Appeal is available to you and eligible family members at no additional cost as part of your medical insurance.



Small steps. Lasting change.

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



Support and guidance. Committed to you.

Focus on your goals with online group sessions led by coaches with a 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.

Your Year Starts Here

nalc.realappeal.com

Have your health insurance ID card handy when enrolling.



Ready for a Fresh Start?



Answer “yes” to most of these questions and you're ready to start losing weight!

- Motivated to make life changes?
- Free of major distractions?
- Have realistic weight loss goals?
- Have a solid support system?

*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 with a BMI of 23 or higher, subject to eligibility.