

A difference that's real.



Real Appeal® is an online weight loss program available to you and eligible family members at no additional cost through your health benefits plan.

- A **Transformation Coach** who leads online group sessions.
- **Online tools** to help track your food, activity, and weight loss progress.
- A **Success Kit** with recipes, scales, workout DVDs, and more — shipped right to your door.



After

## Real Appeal member

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.*

The logo features a circular design divided into four colored segments: green for 'BENEFITS', purple for 'PAY', blue for 'WELL-BEING', and orange for 'CAREER'. In the center of the circle is the text 'ORLANDO HEALTH' in a small, sans-serif font, with 'Total You' in a large, bold, serif font below it.

**Real  
Appeal®**

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