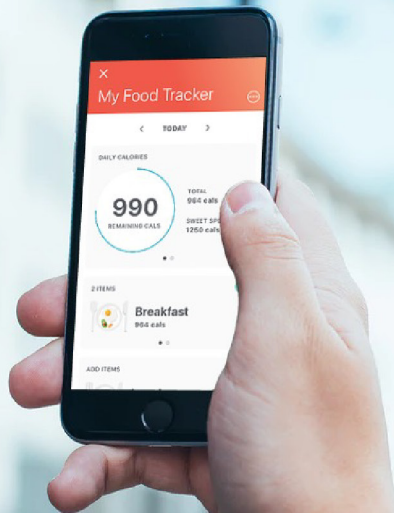


# Easy Ways to Feel Healthier

Small changes can make a big impact.



## Create Healthy Habits with Real Appeal

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

Real Appeal can help you form a healthier lifestyle with:

- 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.



## Busy Schedule? No Problem.

1

### Track your meals

Use the food tracker to keep tabs on what you're eating. If you're too busy, take a photo of your meals and enter them later.

2

### Check in to Daily Actions

Select a goal from your recommended Daily Actions and check in from the app as you complete each day.

3

### Attend sessions on the go

Attend group sessions directly from your phone. You can also view past session content on-demand.

Get started today at  
[pinellascounty.realappeal.com](http://pinellascounty.realappeal.com)

**Real  
Appeal**®

Have your health insurance ID card accessible during enrollment.

Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to eligibility requirements.

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