

# The Real Appeal Experience

For more information please visit:  
[healthydirections.realappeal.com](http://healthydirections.realappeal.com)  
Or call 937-366-2026



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## Invitation

Communications from your employer letting you know about the program and how to sign up.

## Registration

Register online and schedule your personalization session.



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## Community

Connect with your transformation coach and success group for weekly online sessions for 52 weeks to watch, learn and laugh your way to success.



## Personalization

Meet with a personalization expert online to confirm you meet the program's eligibility requirements and help us understand how we can help you meet your weight loss goal.

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## Kit

Your kit – with all the tools you need to succeed – is delivered to your home.



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## Coaching

Most participants have the option to also connect with your coach for one-on-one interactions.



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## Tools

Track your progress using our comprehensive suite of digital tools.



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