

# Weight Loss Program

Spark your transformation. Start today!

Follow simple steps to help you transform and get the tools you need to make it happen.

Real Appeal® is an online weight loss program customized to what works for you.

Become a member at no additional cost to you:

- STEP 01** Enroll at [healthynv.realappeal.com](http://healthynv.realappeal.com).
- STEP 02** Get your free success kit with food and weight scales, recipes, workout DVDs and more - *shipped to your door*.
- STEP 03** Schedule weekly online group sessions with your transformation coach.
- STEP 04** Download the Real Appeal app and track your progress.



Based on science. Led by experts.

Real Appeal's approach is simple: small, steady, sustainable steps are the path to a healthier future. Participants who attended 4 or more sessions lost an average of **10 pounds**. Individual results may vary. Talk to your doctor before starting any weight loss program.

Find out if you're eligible.

The Real Appeal program is available to **group members** with a BMI of 23 and higher as part of their covered health benefits.

**\$0  
COPAY**

**FREE  
SUCCESS  
KIT**

**10 LBS  
AVERAGE  
WEIGHT LOSS\***



\*Based on Real Appeal at-risk participants who attended four or more sessions. Individual results may vary.

Health plan coverage provided by Health Plan of Nevada.

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your health plan ID card or plan documents.

### **Español (Spanish)**

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

### **Tagalog (Tagalog)**

May karapatan kang makakuha ng tulong at impormasyon sa sinasalita mong wika nang libre. Upang humiling ng interpreter, tawagan ang toll-free na numero ng telepono para sa miyembro na nakalista sa iyong ID card sa planong pangkalusugan o sa mga dokumento ng plano.

Health Plan of Nevada is  
Taking On Healthy™



#TakingOnHealthy

**Carry**



your health plan  
ID card with you

**Click**



HealthPlanofNevada.com

**Call**



1-800-777-1840

TTY 711