



Create lasting change by developing healthy habits that help you reach weight loss goals

It's more than just getting in shape but it also doesn't have to be overwhelming. Just taking a few small steps can result in lasting change. Western Health Advantage is partnering with Real Appeal® to offer a 52-week virtual lifestyle and weight loss program that gives members a personalized plan to help improve their overall health.

Here's what to expect from this Weight Loss Program offered at no-added cost as part of your WHA health plan*:

- **Online Personalized Coaching** – access to a supportive health coach in weekly online group sessions and via text messaging, making it nice to know that you can connect with an expert
- **Success Kit** – start your health journey with both a quality electronic food scale and digital weight scale delivered to your door, along with a balanced portion plate, and access to digital fitness content
- **Digital Tools and Resources** – online resources and an app make it highly accessible to set goals and track your progress, helping you stay accountable by easily tracking food, your activities, and weight anytime, anywhere
- **Virtual Group Sessions** – help in building a community and in keeping engaged in the program

From group coaching sessions with certified health coaches to on-demand motivational resources, that are:

- » Backed by science – with decades of clinical research and reinforced by data that shows the program works
- » Better engagement – participants stay connected and motivated with a combination of digital tools and live group coaching

Take a peek into the virtual sessions where you gather tips on how to: Manage Stress, Get More Active, Eat Well Away from Home, Take Charge of Your Thoughts and so much more! Let us help you succeed across the areas of Nutrition, Fitness, and Motivation (the “Why” behind eating), and encourage Lasting Change (in mindset and attitude).

***Note:** Real Appeal Weight Loss program is available to small group and individual plan members. Check your specific plan documents to see if this program is offered, as certain large employer group plans may offer this program as well. WHA services depend on your plan and eligibility at the time of service.



call • 1.844.344.7325

Have your WHA member ID card handy when calling to learn more and enroll.

learn • mywha.org/weightloss

Check out the Real Appeal® approach to health and wellness weight loss that's tailored to your needs.



**western
health**