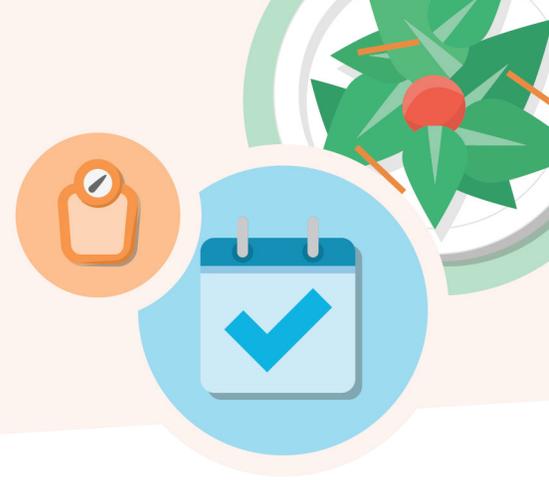




# Real Appeal<sup>®</sup>

WEIGHT LOSS SUPPORT



## Mindful Eating Begins With Mind-set

Eating because you're stressed or bored? Let our Real Appeal<sup>®</sup> coaches help you learn how to avoid common nutrition pitfalls — like emotional eating — and create healthy habits that will last a lifetime.

### Whatever Your Goals Are, We Can Help You Get There

Real Appeal is a program on Rally Coach<sup>™</sup> available to you and eligible family members at no additional cost as part of your health plan benefits.



#### 1:1 Communication

Our coaches are here to listen and answer any questions you have about your specific needs and circumstances.



#### Online Group Sessions

Join live sessions with a community of members to learn healthy tips and ideas from your coach.



#### Track Your Nutrition

You can easily track your food and beverage intake on the Real Appeal app. Already use a tracking app? You can sync data from many popular apps to Real Appeal.

Sign Up Today

[enroll.realappeal.com](https://enroll.realappeal.com)

Please have your health insurance ID card handy when enrolling.

### Tips to Avoid Emotional Eating

#### Breathe

Focus on deep breathing for two to three minutes or step outside for fresh air.



#### Make an activity list

Pick two things to accomplish, then reassess if you need to eat.

#### Exercise

Any type of physical activity can help keep the stress at bay and help regulate hormones.



Read "Time-Saving Hacks That Make Healthy Home Cooking a Breeze" on the back and learn how you can make quick and tasty recipes at home without the added fats and sugars.

RALLY/COACH<sup>™</sup>

# Time-Saving Hacks That Make Healthy Home Cooking a Breeze

Evidence suggests that people who frequently cook meals at home consume less sugar and fat than those who don't cook as often. Take control of your nutrition with these simple home dining hacks.



## Batched Grains

Make large batches of rice, quinoa, barley, or farro every few weeks, then place them in plastic bags in 1- or 2-cup portions and freeze. Thaw in the microwave or in a saucepan filled with water for a quick meal.



## Overnight Oatmeal

Add a cup of plain oats with a cup of dairy or non-dairy milk, then store in the fridge overnight. Top with nuts and fruit for a healthy and filling breakfast.



## Double Up Dinners

An often-overlooked but easy way to enjoy just as many home-cooked meals is to double up your recipes. Make two meals' worth of a freezer-friendly recipe and store one for another night.



## Eat-Ready Veggies

Wash and chop your veggies for the week as soon as you get home from the grocery store. Making a meal-worthy salad or wrap will be as easy as pilfering the fridge.

Get Started Today at [enroll.realappeal.com](https://enroll.realappeal.com)

**Real  
Appeal**