

Real Appeal[®]

WEIGHT LOSS SUPPORT



Take Small Steps to Life-Changing Habits



The Best Time to Begin Is Now

PGT is excited to offer Real Appeal[®], an online program to spark your weight loss transformation. The best part? It's included at no additional cost as part of your health benefits plan. Meet with an online coach to create health goals, track your activity, and find new ways to keep your body moving.



Everything You Need to Create Healthy Habits

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



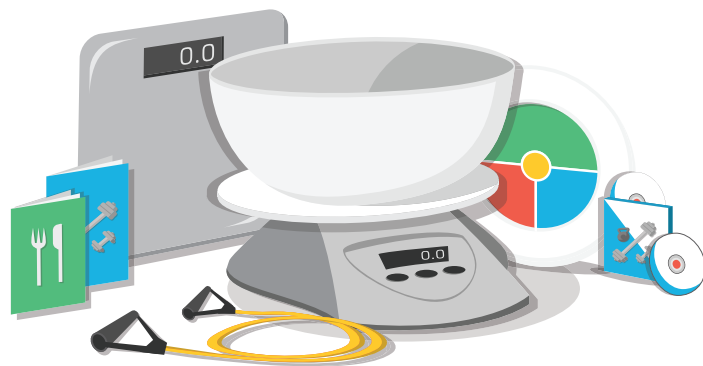
Access fitness videos and digital trackers

Stream expert-led workouts, and track all of your activity metrics from the Real Appeal app.



Dedicated coach support

Connect with an online coach to create fitness and nutrition plans that best support your goals, and receive additional support through group sessions.

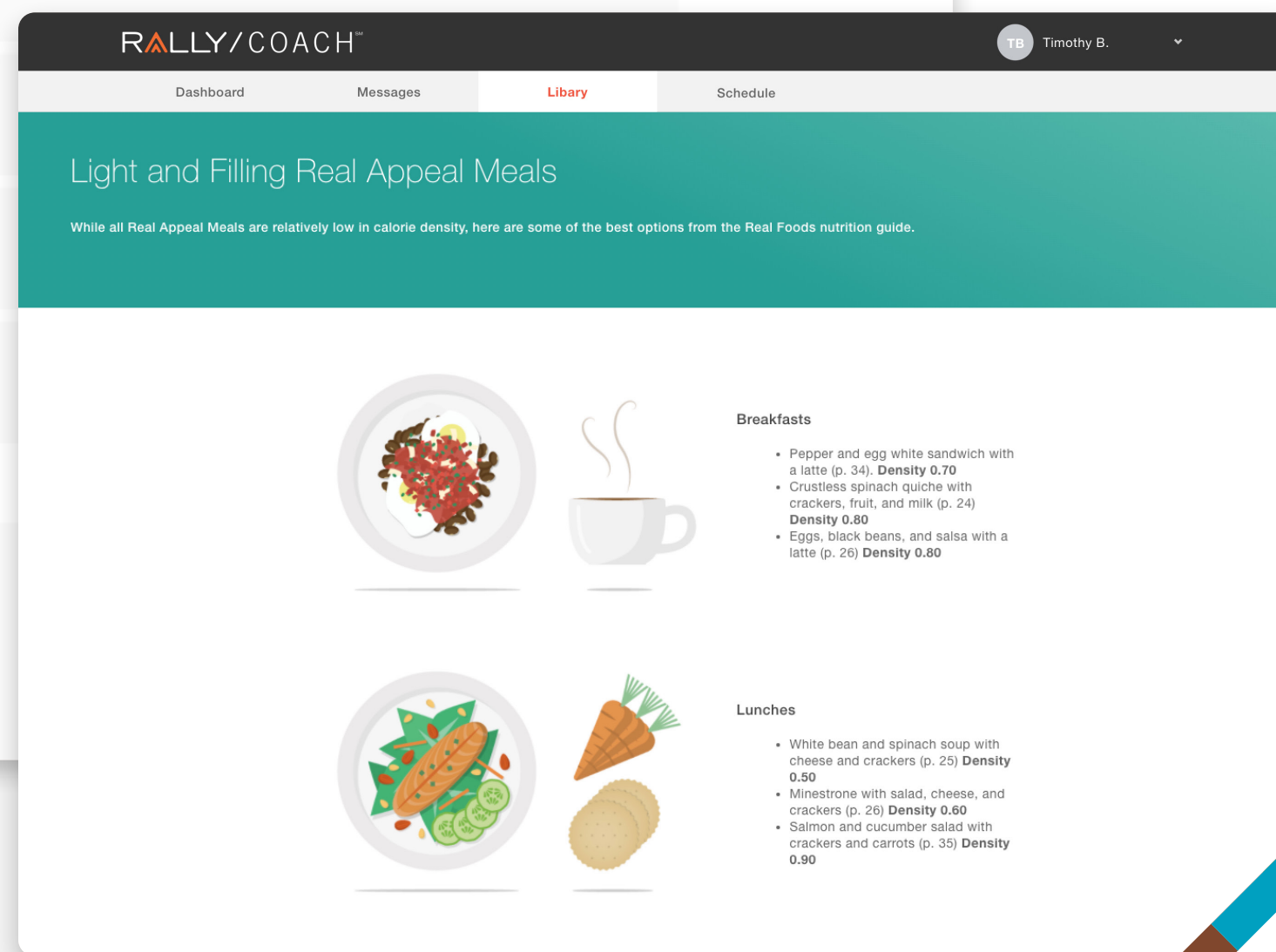
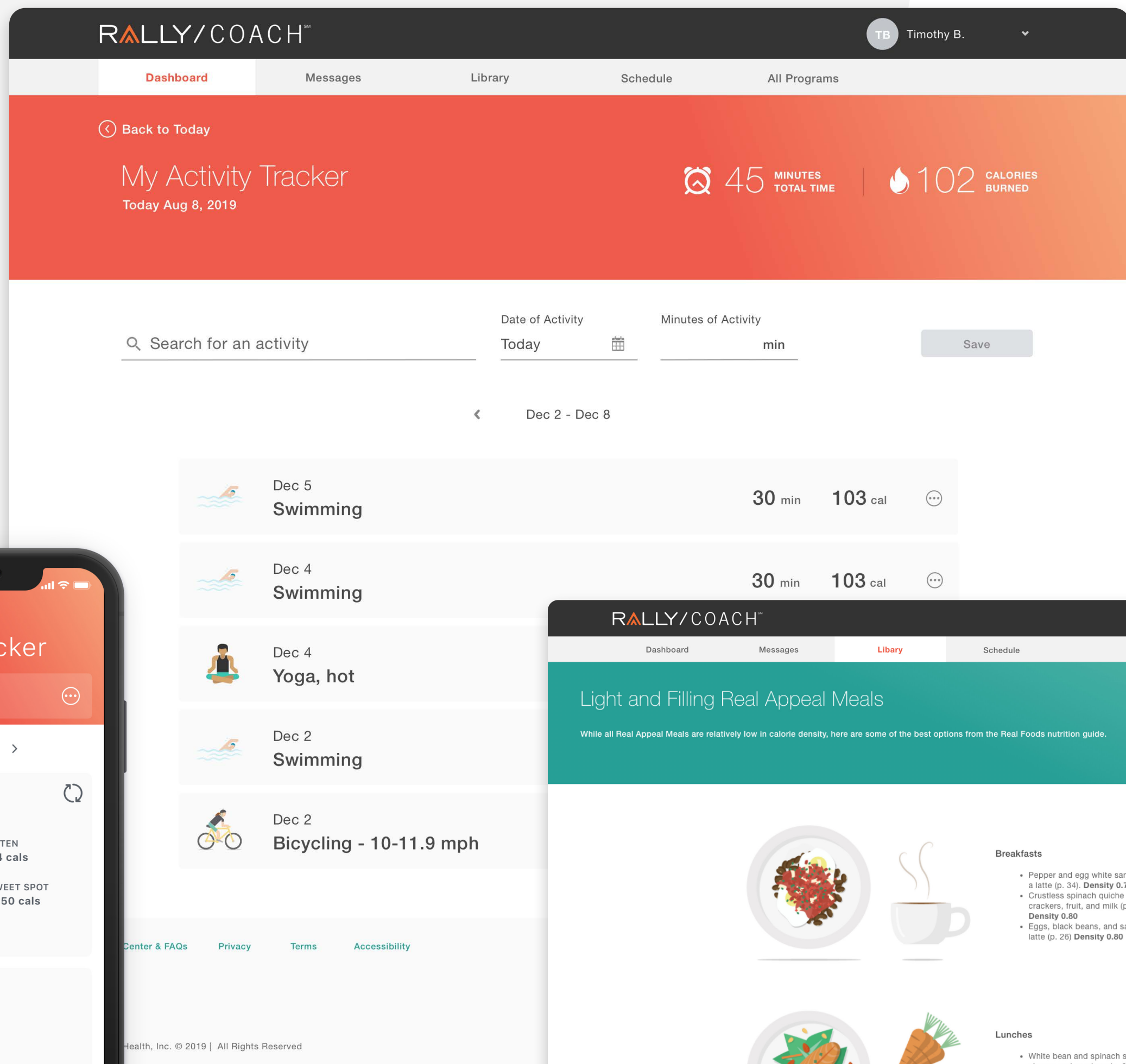
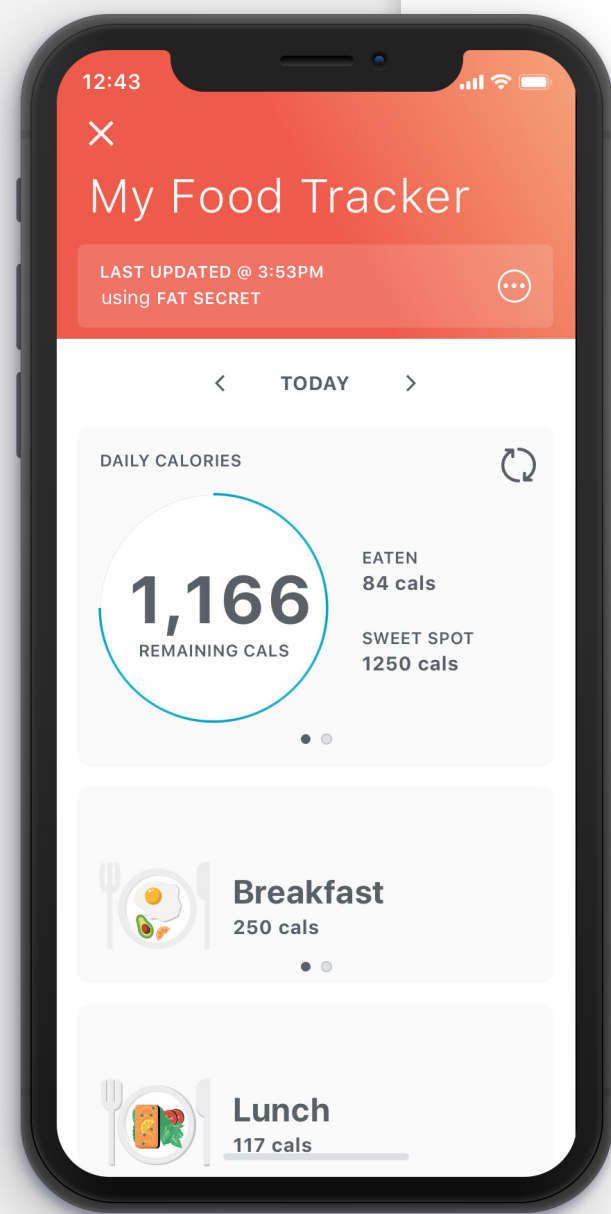


Healthy tools — delivered to you

Receive a Success Kit with tools to get you started, including a resistance band, fitness and nutrition guides, a weight scale, and more.

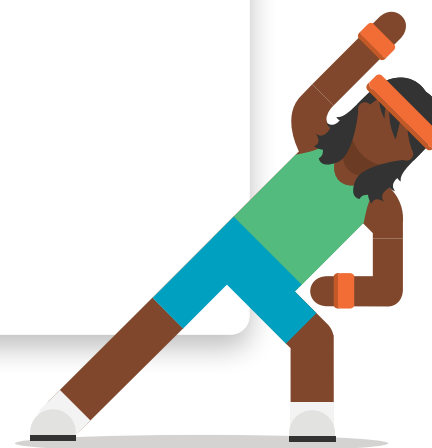
Get Started Today

enroll.realappeal.com



Helping You Track Your Progress

Real Appeal® makes it easy to chart your daily progress with our food and activity trackers. You can also join quick digital sessions to learn ways to stay healthy at home — including new workouts or tasty new recipes.





Personal Guidance, Community Support

Real Appeal® online coaches have one job — to guide you with the support needed to stay on track to your weight loss goals. Your online coach will lead group sessions with tailored guidance to fit your lifestyle. Your weight loss journey will also be accompanied by a passionate community of members rooting for your success.

The screenshot displays the Rally/Coach app interface. At the top, the logo "RALLY/COACH™" is visible on the left, and a user profile "TB Timothy B." is on the right. Below the logo, there are navigation tabs: "Dashboard" (highlighted in red), "Messages", "Library", and "Schedule".

The main content area shows a live session titled "Wednesdays @ 3 PM" and "Session 03: Get the Scale Moving Again... In the Right Direction". The session duration is "00:11 / 30:00". A large video feed shows "Coach Shayna", a woman with long brown hair and glasses, smiling. Below the video, the name "Coach Shayna" is displayed. To the right of the video is a "Group Chat" window with "Members (25)". The chat history includes:

- Sabrina J. (3:05 pm): "My weekend, was really slow. I had a lot of emotional eating. Please help."
- Christina W. (3:06 pm): "YES! Me too!"
- Coach Shayna (3:07 pm): "There are lots of healthy recipes in the nutrition guide you could try."
- Ben K. (3 min ago): "Totally!"
- Timothy B. (Just Now): "That sounds great!"

At the bottom of the chat window, there is a text input field "Type your message here" and a "Send" button. Below the chat window, there are links for "Help Center & FAQs", "Privacy", "Terms", and "Accessibility". At the bottom right, there is an illustration of two people running. At the bottom left, the footer text reads "Rally Health, Inc. © 2020 | All Rights Reserved".



Tools and Resources You Need to Succeed

The Real Appeal® Success Kit is sent after your first group coaching session is complete. Everything in the kit is designed to help you in your weight loss journey, including a resistance band, fitness and nutrition guides, a weight scale, and more.

With Small Steps Come Lasting Changes

Take advantage of your benefits and let our Real Appeal coaches help you create healthy habits that will last a lifetime.



Get Started Today
enroll.realappeal.com

Not on our health plan yet? Sign up for Real Appeal once your benefits are active, beginning 1.1.2021.