



Get started

Register today at
enroll.realappeal.com.

Real Appeal

Real Appeal on Rally Coach™ is a proven online weight management program designed to help you get healthier and stay healthier. It's available to you and eligible family members at no additional cost as part of your benefits.

Small steps toward healthier habits

Set achievable nutrition, exercise and weight management goals that keep you motivated to create lasting change. Track your progress from your daily dashboard, too

Support and community along the way

Feel supported with personalized messages, online group sessions led by coaches and a caring community of members.

Tools for success

Make the most of tools and resources like weight and food scales, a portion plate and more. Your Success Kit is delivered after you attend your first live group session.

Real Appeal is a voluntary weight-loss program that is offered to eligible participants over the age of 18 at no additional cost as part of their plan benefits. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program. Talk to your doctor before starting any weight-loss program.

One Pass Select is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships may have tax implications.

Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships under this program.

One Pass Select

Being healthy shouldn't be a grind. It should involve trying new things, exploring new foods and pushing yourself to be slightly better than you were the day before.

With One Pass Select™, our mission is to make being healthy fun for all. No matter your current fitness level, we have a wide variety of activities to challenge you. From strength training and swimming, to yoga and spin classes, you can try new things and push yourself physically and mentally. And that's not all. Get access to digital fitness apps and home grocery delivery to make it even more convenient to become a better you.

Choose the membership that fits your lifestyle. Or get started with a digital-only plan.