



Improve Your Health with Real Appeal

Real Appeal is an online weight loss program that can help you improve your health one-step at a time. Get the support you need to put your health first, now available to you and eligible family members at no additional cost as part of your City of Tampa health benefits plan.

This short video will introduce you to [Real Appeal](#)

Get Started

Real Appeal can help you reach your personal health goals with:

- A Transformation Coach who leads online group sessions
- Online tools to help you track your food, activity and weight loss progress
- A Success Kit with food and weight scales, recipes, workout DVDs and more —shipped to your door



Start your transformation with Real Appeal today at the [Real Appeal Enrollment](#) website. Please have your health insurance ID card accessible during enrollment.

For the best experience, access Real Appeal from your own PC or wireless device. Real Appeal is offered at no additional cost to members as part of their City of Tampa medical benefits plan, subject to eligibility requirements.