

# Real Appeal

# Make this year's resolutions stick

Making a New Year resolution is only the first step. Focus on turning it into a lifestyle with Real Appeal®, your digital weight loss and healthy living program, available at no additional cost as part of your HealthSelect plan benefits. Here's how:



## Change one thing at a time

Your goals are noble but can be unrealistic if tackled all at once. Instead, incorporate one healthy behavior at a time and build from there.



## Focus on gradual changes

Rather than starting out with one hour of exercise every day, walk for 10 minutes in the morning and evening. Add 5 minutes each week and increase your pace gradually.



## Consistency is key

It can take months to build new habits. Our brains respond well to repetition, so try to exercise at the same time every day and keep your meal times consistent.



**Tara**  
Real Appeal Member

**115 lbs lost**

Results may vary.

For help making your resolutions stick,  
enroll in Real Appeal at

**healthselect.realappeal.com**

CONSUMER DIRECTED  
**HealthSelect**

**HealthSelect**  
of Texas

For the best experience, access Real Appeal from your own device.

**Real Appeal**

**1 million**  
pounds lost

\*Real Appeal is available at no additional cost to employees enrolled in HealthSelect<sup>SM</sup> of Texas and Consumer Directed HealthSelect<sup>SM</sup> plans, their covered spouses and dependents 18 or over with a BMI of 23 and higher, subject to eligibility.