Real Appeal® powered by wellos



Weight loss support built around you

Real Appeal® powered by Wellos® can help you make progress toward lasting change, at your own pace.

Start working toward your wellness goals today.

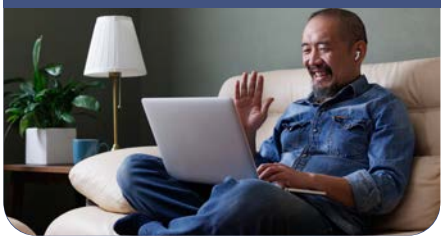
Tools for a healthy lifestyle

Receive a Starter Kit* with tools to help you build stronger habits.



Coaching that comes to you

Stay motivated with weekly group coaching and 1:1 coach calls.



Meal planning resources

Make your meals work for you with recipes that meet your dietary needs.



Join now at no extra cost* to you!

Scan the QR code or visit wellos.com/coach.

Real Appeal powered by Wellos is available to individuals who are eligible through their health benefits and meet certain biometric criteria. Coaches cannot diagnose or recommend treatment. It is not appropriate for emergency care; call 911 or visit the ER. If you are already under a provider's care or taking prescription medication, consult your provider before enrolling. Results may vary. The program is not configured for individuals who are pregnant, breastfeeding, or diagnosed with an eating disorder.

*The Starter Kit is available to first-time enrollees after attending their first session. Items may be taxable. Consult an appropriate tax professional to determine tax obligations.

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Scan QR to join.

Surest Member Services:
866-683-6440, Monday – Friday, 6 am – 9 pm CT.

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