

# \* \* Weight Management \* \*

	Real Appeal	wondr   FORMERLY™ NATURALLY SLIM
<b>Focus</b>	<b>Weight Loss + Weight Management</b>	<b>Weight Loss + Weight Management</b>
<b>Description</b>	Simple, manageable measures you can easily integrate into your everyday life for long-term health benefits and lasting weight loss.	A digital program to help you drastically improve your physical and mental wellbeing with clinically-proven skills and practical tools.
<b>Format &amp; Tools</b>	<ul style="list-style-type: none"> <li>● Live weekly online class</li> <li>● Success Kit: fitness guide, recipe book, scale, etc</li> <li>● 1:1 personal coaching for qualified participants</li> <li>● Member portal</li> <li>● Mobile app</li> </ul>	<ul style="list-style-type: none"> <li>● Self-paced online classes</li> <li>● Welcome Kit: manual, tape measure, bracelet</li> <li>● Member portal</li> <li>● Mobile app</li> </ul>
<b>Duration</b>	52-week program. Weekly classes.	52-week program. Self-paced classes.
<b>Employee Cost</b>	\$0 - full program for all eligible participants (see below) <i>Funded by State of Arizona</i>	\$0 - full program for all eligible participants (see below) <i>Funded by State of Arizona</i>
<b>Registration</b>	<a href="http://stateofarizona.realappeal.com">stateofarizona.realappeal.com</a>	<a href="http://wondrhealth.com/stateofarizona">wondrhealth.com/stateofarizona</a>
<b>Completion Definition</b>	200 HIP points* earned after Welcome Meeting + 9 classes completed	200 HIP points* earned after 8 sessions completed
<b>Eligibility</b>	Benefits-eligible employees, spouses and dependents age 18+ <b><i>Must be enrolled in State medical plan</i></b> Must meet program eligibility requirements	Benefits-eligible employees, spouses and dependents age 18+ <b><i>Must be enrolled in State medical plan</i></b> Must meet program eligibility requirements



wellness.az.gov  
wellness@azdoa.gov  
602.771.9355

*\*To register for HIP (Health Impact Program) and earn up to a \$200 annual incentive, visit wellness.az.gov. HIP participation is not required to enroll in any program. All rules of the individual providers, State medical plan enrollment, and HIP apply. All activities are subject to verification by the program administrator. Reasonable accommodations will be provided to individuals with disabilities. Rev. 2.2021*

