



How We're Staying Well Together Through COVID-19



Real Appeal is actively following guidance from UnitedHealthcare, Optum, the Centers for Disease Control, and other expert resources to highlight in-product features and provide content related to COVID-19 and how to stay healthy and well.

While Real Appeal program content does not cover COVID-19 directly, lessons foundational to Real Appeal's success can be applied to the current

COVID-19 environment. Members can continue to get help for managing stress, dealing with life's curveballs, conquering emotional eating, getting exercise, keeping healthy foods in your kitchen, getting enough sleep, and celebrating small successes.

Real Appeal helps people make positive choices in order to realize the healthiest version of themselves.

What's Accessible Today

Our Coaches have continuous training to support members as they work through the challenges and barriers that will arise because of COVID-19. We encourage our members to discuss any and all barriers with their coaches in class or through messaging.

In addition to coaching availability, there are an **abundance of articles, videos, and other self-guided resources** that could be helpful during this time, covering topics like:



Week 7
Why it's good to cook at home



Week 8
Beat Stress: have a helpful network



Week 10
Move a little, lose a lot



Week 11
How to get a good night's sleep



Week 14
Stay on track while navigating life



Week 28
Knock down emotional roadblocks

So you can stay active anytime, six (of the 14) **Real Appeal exercise videos** (Real Moves) have been made publicly available on the Staying Well Together page ([www.rallyhealth.com/ COVID-19](http://www.rallyhealth.com/COVID-19)).

Our **Answer Center** is always available to members with any questions and concerns: **844.924.7325 (REAL)**.



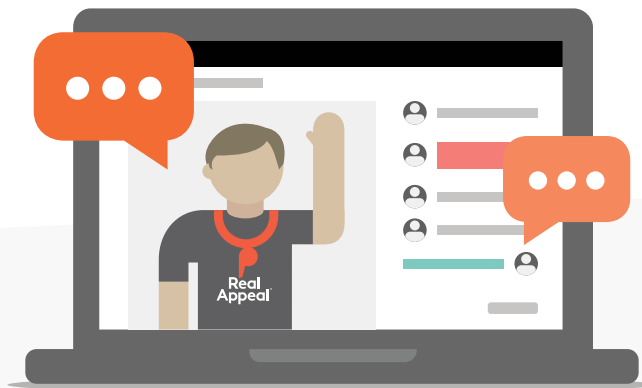
NOTE: Members can access the above content to the extent that they have completed the program (e.g., if a member is in week 24 of the program, he/she can access the resources through week 24).



Will Real Appeal class schedules be impacted in any way (e.g., # of sessions available, timing of sessions, etc.) due to COVID-19?

New Classes: At this time we're doing our best to continue to offer a variety of class options for our members.

Current Classes: As a country, we are all adapting to life in the COVID-19 (coronavirus) situation. In order to best support our classes and members, we may have a different coach conducting your session. We are doing our best to make changes as easy on you as possible. Please know you will be in great hands with any of our coaches.



In addition to information and guidance provided for Rally members through our products, Rally is also providing information in public channels.

RallyHealth.com contains relevant articles and information on the **Staying Well Together** page (www.rallyhealth.com/COVID-19).

Social Media Channels such as Instagram, Facebook, and Twitter will be utilized to feature information and tips to stay healthy during the evolving COVID-19 situation.

For questions about Rally products and communications related to COVID-19, please contact your account manager.

