

1 SIGN-UP!

Go to creighton.realappeal.com and click on **Sign Up**. Have your insurance card and schedule handy!

Write down your login information.



Email: _____
Password: _____



You'll need this every time you access the website!

Write down the day/time of your Personalization Session and set a reminder!



Time: _____
Date: _____

Decide what device you'll use to participate.

Computer



Tablet



Smart Phone



If using a computer or tablet, login and run the system check from the device you plan to use to participate.

Need help? 1-800-GET-REAL

LOG OUT

JOIN

Run System Check

If using a smart phone, download the free Real Appeal app



Note: Only available on iOS and Android devices.

2 ATTEND YOUR PERSONALIZATION SESSION

Login with the email and password you used during sign-up. During this session, you'll meet a Personalization Expert live over the internet through the Real Appeal website or app.

If using a computer, you may need to "allow and remember" a plug-in in before joining your live session.

Need help? 1-800-GET-REAL

LOG OUT

JOIN

Run System Check

For the best experience, use headphones or earbuds with a built in mic, and make sure you have an excellent wireless connection.

Smile! You'll have the option to be on camera.

Keep your schedule handy – you'll select a day and time for your Weekly Group Session. Jot it down!



Time: _____
Meets Every: _____
Start Date: _____

Set a reminder for your weekly group session

3 ATTEND YOUR FIRST GROUP SESSION

Login and click **JOIN** to connect to your live session through the Real Appeal website or app. You'll meet with your coach and fellow team members every week on the same day and at the same time. **Your coach will be the only one on camera.**

Your Next Group Session:
Starts in 3:03

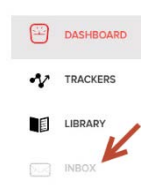
JOIN

Schedule your 1-on-1 session

SCHEDULE

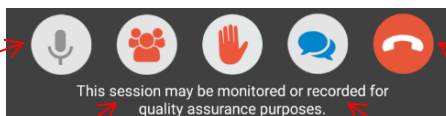


You'll have access to your inbox once you've logged into your account after Session 1 has occurred



Interact with your group!

Mute button
(green if mic is on, gray if it's disabled by your coach)



Disconnect from Session

See who is logged in

Raise your hand to ask a question or respond to your coach

Join a group chat or message the coach

Upload your "before" picture to start tracking your transformation and continue uploading a picture every week, or at least once a month! You can also upload a profile picture to personalize your account.

Start using your Success Kit! Your Success Kit ships after you attend your first group session with your coach.



Questions or need assistance? We are standing by, ready to help you get started!

Visit our FAQs at <http://support.realappeal.com> or call 1-844-344-REAL(7325)