

Get fit. Get results.



Fitness should be easy, flexible and doable for everyone. Real Appeal® is an online weight management and healthy lifestyle program designed to spark a healthy transformation—at no additional cost to you and eligible family members. It all starts with simple, realistic goals.

Support to get you moving:



Fitness on Demand™ Fitness on your schedule

Get moving and motivated with hundreds of on-demand workouts, available anytime, anywhere, at no additional cost.



Online coaching Get personalized tools

Set fitness goals and track progress with the help of a coach.



Success kit Crush your fitness goals

Start your health journey with scales, a balanced portion plate and access to online fitness content.

You and eligible family members have access to Real Appeal®, a proven program built to help you succeed through workouts, ongoing support and helpful resources — at no additional cost as an eligible member.

Sign up today

Visit hertz.realappeal.com or scan the QR code

Have your health insurance ID card handy when enrolling.



Real Appeal is available at no additional cost to employees, their covered spouses and dependents 18 or over with a BMI of 23 or greater, subject to eligibility.

The Real Appeal program is available to eligible members at no additional cost as part of your health benefits. The Real Appeal program is educational in nature and is not a substitute for medical advice.

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