



Take steps to help lose weight and keep it off, at no additional cost

Real Appeal® is an online weight loss program that provides personal coaching to help you build healthier habits that support lasting weight loss. On average, participants lose 10 pounds after attending just 4 online sessions.¹ As part of your health plan benefits, you and eligible family members can join Real Appeal for \$0 out-of-pocket.

Get support to help reach your goals



1-on-1 coaching

Get help to stay on track with online, coach-led group sessions



24/7 online access

Set and see progress toward your goals, stream workouts and more



Success Kit

Get scales, recipes, fitness equipment and more delivered to your door



Sandy lost 60 lbs.

“It has given me the tools to eat healthfully and taught me the right amount of exercise that will make a difference. With personal coaching and weekly education on living a healthy lifestyle, I lost 60 pounds, and I feel great.”

Get started

Learn more at success.realappeal.com

**United
Healthcare**

**Real
Appeal®**

¹ Based on Real Appeal at-risk participants who attended 4 or more sessions. Individual results may vary. Consult your physician or health care provider before starting any weight loss program.

Real Appeal is a voluntary weight loss program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be, nor should be construed as, medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.