

Real people. Real Appeal.

FREE!*

Everything you need to lose weight and keep it off —
FREE to eligible UnitedHealthcare members.*

Join today at success.realappeal.com.

LOST
50
LBS



Dave L.
Age 47

*"I'm stronger. I have
a lot more energy.
Thank you, Real Appeal."*

LOST
37
LBS



Tashawna O.
Age 37

*"This is no diet —
this is not a gimmick.
I feel great!"*

Thank you for being a UnitedHealthcare member. We are excited to offer Real Appeal, a free digital program that provides you with up to a full year of support for lasting weight loss.* **On average, participants lose 10 pounds after attending just 4 online classes.** Your program includes:



Personal transformation coach

- Step-by-step guidance and customization for a program that fits your needs, preferences and goals.
- Support and motivation for a full year to help you lose weight or maintain results.
- A personalized dashboard to keep track of your calories, fitness and goals.



24/7 convenience

Staying accountable to your goals may be easier than ever with:

- Food, activity, weight and goal trackers.
- Unlimited access to digital content.
- Your online group class, which is designed to help you build camaraderie and accountability with others in the program.
- Weekly health tips from celebrities, athletes and health experts.



Success kit

Resources to help you kick-start your weight loss and keep yourself on the road to results. Your kit will be delivered after your first class. It includes:

- Step-by-step Success Guides.
- Workout DVDs.
- Quick and simple recipes.
- Nutrition guide.
- And much more.

Join the thousands of members that have lost nearly 1 million pounds. Start today at **success.realappeal.com**. Spark your transformation with Real Appeal.

*The Real Appeal program is provided to eligible members at no additional cost to you as part of your benefit plan. Real Appeal is a voluntary weight loss program that is offered to eligible participants over age 18 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. 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.

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**Real
Appeal**

 **UnitedHealthcare®**