



New employee benefit – Sign-up today!

We all want to live a healthy life. Though each of us may have different goals for our health, taking simple steps in the right direction leads to positive life changes and helps us to achieve these goals. This is why we are offering [Real Appeal](#), a free* and convenient 52-week online weight loss program that is designed to solve the typical barriers to managing your health.

Real Appeal helps you lose weight and reduce your risk of developing certain diseases like diabetes and cardiovascular disease as it's based on decades of proven clinical research. Most members lose an average of 10 pounds after completing only four sessions of the program.

When you enroll, you receive:

- 52 weeks of access to a Transformation Coach. Your coach guides you through the program and develops a simple, customized plan that fits your needs, preferences and goals.
- 24/7 access to digital tools and dashboards that help you track your food, activity and weight.
- A success kit full of healthy weight management tools including fitness guides, a recipe book (with quick family meal ideas and fast-food eating tips), weight scale and more.
- Support from weekly online group classes to learn healthy ideas from your coach and other members who share what's helped them achieve success.

Real Appeal strives to inspire members to find the strength, the belief and the trust that change is in every one of us. If you're ready to spark your transformation, visit getreal.realappeal.com to learn more and join today. For the best experience, access Real Appeal from your own device.

**Real Appeal is available at no additional cost to eligible employees, spouses and dependents 18+ with our UnitedHealthcare insurance and a BMI of 23 or greater.*