

**Weight loss  
that's free.\*  
A transformation  
that's real.**

**Real  
Appeal**



**Real Appeal is a free digital  
weight loss program available  
to you as part of your  
employee benefit plan.\***

**Lose  
10  
lbs+**

**average weight loss after 4 sessions**

**If you're already a member of our UnitedHealthcare  
plan, learn more and join today at**

**[realappeal.com](https://realappeal.com)**

**\*Real Appeal is available at no additional cost to eligible employees as part of your benefits. If you choose UnitedHealthcare for your benefits, you can enroll once you are active in the new plan.**

# Your transformation experience

# Real Appeal

## Program highlights

- This is an online program, so you will need access to a computer or other personal device
- Backed by decades of proven clinical research<sup>†</sup>
- Nearly 1 million lbs lost by thousands of members
- Covered at no additional cost as an employee benefit



## Congratulations!

*Your employer and/or health plan is offering Real Appeal as part of your benefits.*



## Sign up at [realappeal.com](http://realappeal.com)

*When you enroll, you'll need:*

- insurance information
- height and weight
- health history
- preferred day and time for online weekly group sessions



## Attend weekly online group sessions

*Up to a full year of support in sessions led by specially trained coaches*



## Access tools

*Digital tools and trackers available 24/7 to customize your experience*



## Receive your Success Kit

*Your program toolkit including a scale, workout DVDs, session guides and more is free after your first session*



## Spark your transformation

<sup>†</sup>In the past 20 years, researchers have demonstrated that structured weight-loss and lifestyle-change programs can accomplish three critical employee and population health goals: 1. Improving overall health outcomes for individuals who are overweight and obese but do not yet have prediabetes or diabetes (Jensen, M.D., Ryan, D.H., Donato, K.A. et al, 2014) 2. Reducing the progression to diabetes in those who have prediabetes (Williamson, D.A., Bray, G.A., & Ryan, D.H, 2015) 3. Improving clinical markers for individuals who already have Type 2 diabetes (Espeland, M.A., Glick, H.A., Bertoni, A., et al for the Look AHEAD Research Group, 2014)