

Get everything you need for lasting weight loss with Real Appeal.SM



A simple, step-by-step program that helps you lose weight without turning your life upside down.

Enroll now at uhc.realappeal.com to get this program for FREE!*

Real Appeal gives you everything you need to lose weight and keep it off.

Your program includes:



Personalized weight loss coaching.

Your coach will guide you through the program step by step, customizing it to fit your needs, preferences and goals. Plus, you can access your coach for an entire year so you'll have all the support and motivation you need whether you're losing weight or simply maintaining your results.



24/7 online support and mobile app.

Staying accountable to your goals is easier than ever with:

- Customizable food, activity, weight and goal trackers
- Unlimited access to digital content, including streaming workout videos
- Success group support, which lets you chat with others who are doing the Real Appeal program
- The weekly Real Appeal All-Star Show featuring healthy tips from celebrities, athletes and health experts
- Weekly analysis, feedback and goal reporting



Success kit.

Everything you need to kick-start your weight loss and keep yourself on the road to results! Your kit will be delivered right to your front door. It includes:

- Step-by-step Success Guides
- Fun and easy workout DVDs
- And much more
- Quick and simple recipes
- Nutrition guide

Real people. Real results. Real Appeal.

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!"*

LOST
25
LBS



Amanda K.
Age 35

*"Real Appeal taught me I didn't
have to work out three hours a day and
I didn't have to eat like a rabbit."*

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*The Real Appeal program is provided 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 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. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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