



# Healthier habits, healthier lifestyle

Take small steps for lasting change with Real Appeal®, an online weight management support program.



## Get healthier, at no additional cost to you

Real Appeal is a proven weight management program designed to help you get healthier and stay healthier. It's available to you at **no additional cost** as part of your benefits.

## Take small steps toward healthier habits

Set achievable nutrition, exercise, and weight management goals that keep you motivated to create lasting change. Track your progress from your daily dashboard, too.

## Support and community along the way

Feel supported with personalized messages, online group sessions led by coaches, and a caring community of members.

Join today by scanning this code or go to [enroll.realappeal.com](https://enroll.realappeal.com)




**Get a Success Kit delivered right to your door.**

Make the most of tools and resources like weight and food scales, a portion plate and more. Your Success Kit is delivered after you attend your first live group session.

United  
Healthcare®

Real  
Appeal®

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Level Funded: Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.

Person must reside within the United States. An employee residing in Hawaii is not an Eligible Person.

Real Appeal is a voluntary program 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.

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