

# real appeal<sup>®</sup>

## Weight loss that's free. A difference that's real.



Real Appeal is full of small doable steps — things you'll want to do — that can make a difference and work in the long run for your life, your family and your body. Best of all: it's completely free to eligible members as part of their UnitedHealthcare insurance plan.

## A program built to help you succeed.

### 1 Enrollment



Participants pre-enroll online and schedule a time for their personalization session

### 2 Personalization

A Real Appeal expert assesses clinical appropriateness, readiness to commit, barriers and goals then tailors the program to each participant's unique needs

### 3 Kit



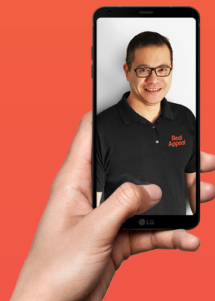
Participants receive all the tools they need to succeed

### 4 Community



Participants meet online for 52 weeks to watch, learn and laugh with their coach and private success group

### 5 Coaching



A coach is available to participants for one-to-one interactions and support every step of the way

### 6 Tools



Comprehensive suite of digital tools to support and track progress

## Enroll today at [enroll.realappeal.com](http://enroll.realappeal.com)

\*This service is free to eligible members as part of their UnitedHealthcare insurance plan

 UnitedHealthcare