

Take steps to help lose weight and keep it off, at no additional cost

Real Appeal® is an online weight loss program that provides personal coaching to help you and eligible family members lose weight and keep it off. On average, participants lose 10 pounds after attending just 4 online sessions.*

Get support to help reach your goals

1-on-1 coaching

Get help to stay on track to reach your goals with online, coach-led group sessions.

\$0 out-of-pocket

Real Appeal is offered at no additional cost, as part of your health plan benefits.

Success Kit

Get scales, recipes, fitness equipment and more delivered to your door.



“It has given me the tools to eat healthfully and taught me the right amount of exercise that will make a difference. With personal coaching and weekly education on living a healthy lifestyle, I lost 60 pounds, and I feel great.”

Sandy lost

60 lbs.

Learn more

Start today at realappeal.com



*Real Appeal is a voluntary weight loss program that is offered to eligible participants over age 18 at no additional cost as part of their plan benefits. 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. Talk to your doctor before starting any weight loss 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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