

Get motivated.

Real Appeal® is an online weight loss program available for free* to eligible UnitedHealthcare members.

Real Appeal may help you reach your New Year's resolutions with:

- **A Transformation Coach** who leads weekly online group sessions.
- **Online tools** to help track your food, activity and weight loss progress.
- **A Success Kit** with recipes, scales, workout DVDs and more — shipped right to your door.



Consider these tips to help keep your resolutions.

1. **Start small.**
Focus on one, specific goal at a time. It will help keep things manageable.
2. **Write out your goals.**
Make your goals feel real. It will give you a greater sense of accountability.
3. **Forgive yourself.**
Remember that you're human. One slip-up doesn't have to undo your progress.

Real Appeal Real Success Guide, Sessions 1, 4



Join Real Appeal at
join.realappeal.com.

**Real
Appeal®**



UnitedHealthcare®

*The Real Appeal program is provided to eligible members 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 over age 18 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.

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