

Real Appeal

Weight loss that's free*.
A transformation that's real.

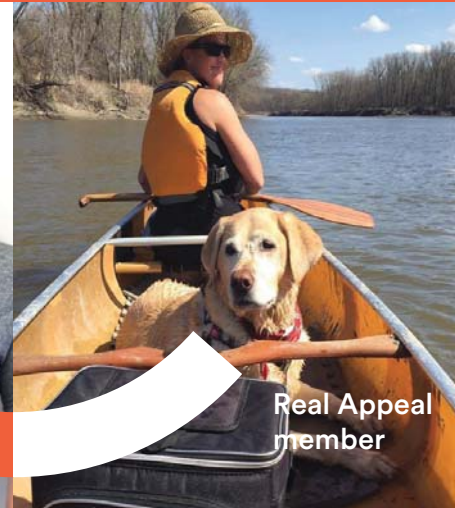
Real Appeal is a free, 52-week online weight loss program, customized to what works for you.

With Real Appeal, you learn simple steps to help you transform.

Transformation
Coach



Real Appeal
member



Lose

10 lbs+

average weight loss after 4 sessions

A 52-week program made for real life.

Our extensively trained coaches follow your lead and support you in working towards a healthier future. Our coaches are experts in helping you meet goals and supporting your best path forward.

100,000+ members make it proven.

4 out of 5 Real Appeal members who attend 4 sessions lose weight, and half lose 5% or more of their body weight, impacting the onset of chronic disease.

Made-for-you resources.

Your Success Kit comes with exercise DVDs, a body weight scale, plus cooking and exercise tools.



Watch for details in the coming weeks as your employer launches Real Appeal free* to eligible members.

*Real Appeal is offered at no additional cost to eligible members of our UnitedHealthcare insurance plan.