

Lasting weight loss without turning your life upside down

As part of our ongoing commitment to health and wellness, we are excited to announce our upcoming health benefit offering, Real Appeal – an online weight loss and healthy lifestyle program – at no cost to you!*

Real Appeal is a scientifically-proven program that has helped individuals lose weight and lower their risk for chronic diseases such as heart disease, Type 2 diabetes, and more.

Real Appeal is offered at no cost to employees, spouses and dependents 18+ with UnitedHealthcare insurance and a BMI of 23 or higher.

Let's be REAL.

Weight loss can be challenging. Real Appeal's approach is simple, smart, and helps you make small changes – changes that you can easily live with – for lasting weight loss. It's a result of 20 years and 800 million dollars' worth of research to discover what really works to help people lose weight.

Amanda K.



A Personal Transformation Coach

for an entire year.

People spend big bucks to get access to a personal coach. You, however, you can access one for free for an entire 52 weeks! Your coach will guide you through the program step-by-step and will work with you to customize the program to match your needs, preferences, goals, and medical history.

Enroll at myuhc.com to receive the registration email in JULY!

ALL THIS!
At no cost
to you!*



Plus, your
very own
transformation
coach!



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Everything you need to **succeed**

After you attend your first group coaching session, you'll get the Real Appeal Success Kit delivered right to your door. It's filled with everything you need to kickstart your weight loss and keep those numbers on the scale moving in the right direction.

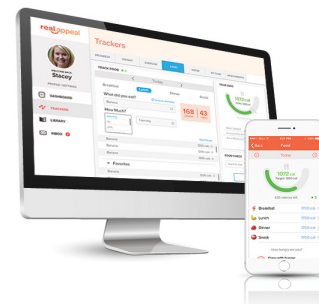
The kit includes:

- ✓ **Real Success Guides (2):** that lay the program out for you step-by-step
- ✓ **Real Foods Nutrition Guide:** packed with delicious recipes, 5-minute meals, even healthy fast food picks
- ✓ **Real Moves Guide:** includes walking programs and simple activity tips
- ✓ **Real Moves DVDs (6):** cardio, strength, flexibility, and abs programs for all fitness levels!
- ✓ **Personal One-Shot Blender:** for making shakes and snacks on-the-go
- ✓ **Easy-to-Use Cooking Tools:** measuring cups and spoons, digital food scale, the "Perfect" Portion Plate
- ✓ **Resistance Bands and Pedometer**
- ✓ **Real Appeal Water Bottle**
- ✓ **Electronic Body Weight Scale**
- ✓ **Body Tape Measure**

An online **VIP experience** at your fingertips.

The Real Appeal online experience helps you stay accountable to your goals by giving you access to 24/7 support and tracking tools.

Staying involved, motivated and successful has never been easier. Plus you'll be able to join an online Success Group with others just like you on the road to reap the rewards of Real Appeal! You'll have *all* this at your fingertips—on your smart phone, computer, or tablet—all the time:



- **Weekly Real Appeal All-Star Show** – a highly entertaining and informative online program featuring healthy tips from your favorite celebs, TV stars, athletes and health experts.
- Comprehensive, searchable database of over 600,000 foods including meals from your favorite restaurants.
- **Success Group support** – chat with people just like you on the Real Appeal program!
- Customizable food, activity, weight and goal trackers.
- **Unlimited access** to digital content, including streaming workout videos.
- **Weekly analysis**, feedback and goal reporting.
- **Mobile app** for anytime, anywhere access on your smart phone.

Coming soon!

Be sure to enroll at myuhc.com to receive the registration instructions email in July!

Real Appeal is the premium step-by-step, personalized program that will entertain and inspire you to make positive, lasting changes for a better body and a healthier, happier life. Lose all the weight you want and live the life you deserve. You'll feel great and look the very best you ever have.