

# Free Real Appeal Success Kit



\*Real Appeal is offered at no cost to you as part of your benefit plan.

**Members: Enroll at [UHC.realappeal.com](http://UHC.realappeal.com)**

United Healthcare has launched a weight loss and healthy living program called Real Appeal. This program is a 52-week, interactive program delivered live over the internet and free of charge for all eligible United Healthcare plan participating faculty and staff members, including covered spouses and adult dependents. The program provides a Real Appeal Success Kit including step-by-step program guides, workout DVDs, recipes, and healthy cooking tools and equipment. Additionally, the program offers a personal weight-loss coach who customizes a plan specific to health goals, fitness level and lifestyle.

The Real Appeal weight loss program is personalized just for you and fits into YOUR schedule for lasting results, fast!\* You can get it all without turning your life upside down, without giving up the foods you love.

Real Appeal gives you the tools, the information and the support you need to make smarter choices, day in and day out, to truly transform yourself. No two people are the same. You'll get personalized, individualized support and professional coaching for a full year, online and on your smart phone.

To enroll in the Real Appeal program and to access more information about the program, visit <http://uhc.realappeal.com>. For more information or questions, contact Human Resources at (573) 651-2206.