



Lose weight. Feel great.

Start living a healthier, happier life with help from Real Appeal®, an online weight loss program proven to help you achieve real, lifelong results.

Make the change you've always wanted

Real Appeal is available to HealthSelectSM Medicare Advantage participants* and eligible dependents at no additional cost as part of your HealthSelect Medicare Advantage Plan.



Small steps. Lasting change.

Set achievable nutrition, exercise and weight loss goals, then track your progress from your daily dashboard.



Support and guidance. Committed to you.

Stay focused on your goals with online group sessions led by coaches and a caring community of members.



Tools and resources. Delivered to your door.

You'll receive a Success Kit with weight and food scales, exercise tools, food guides, and more.



**Get
started
today**

UHC.realappeal.com.

Please have your HealthSelectSM Medicare Advantage Plan ID card handy when enrolling.



*Real Appeal is offered at no additional cost to participants with a BMI of 19 or higher as part of their HealthSelect Advantage Plan, subject to eligibility requirements.

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

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