Weight loss that’s free.*

A difference that’s real.

Real Appeal is an online program that can help you lose weight and improve your health.

Receive up to a year of support
A Transformation Coach will lead weekly online group sessions with simple steps on nutrition, exercise and how to break through barriers to reach your goals.

Proven weight loss
Real Appeal members who attended 4 or more sessions during the program lose 10 pounds on average. Talk to your doctor before starting any weight loss program.

Tools made for real life
You’ll receive a Success Kit containing food and weight scales, delicious recipes, workout DVDs and more. Monitor your progress with online food and activity trackers - available anywhere, anytime.

Real benefits
Real Appeal will help you learn how to live a healthy, balanced life. Research shows that losing just 5% body weight can help reduce the risk of type 2 diabetes and heart disease.¹

Become a member for free at enroll.realappeal.com

For the best experience, access Real Appeal from your own device.

*Real Appeal is available at no additional cost to employees with our UAS Health Plan, with a BMI of 23 and higher, subject to eligibility.

Your Real Appeal experience.

Program highlights
- This is an online program, so you can conveniently access it from your desktop, tablet or mobile device.
- Backed by decades of proven clinical research.†
- Covered at no additional cost as part of your medical benefits plan.

To enroll, visit enroll.realappeal.com

When you enroll, you’ll need your:
- Insurance card
- Height and weight

Attend weekly online group sessions
Up to a full year of support with specially trained coaches and peers you can learn and exchange ideas with.

Access tools
Online tools and trackers available 24/7 so you can monitor your success.

Receive your Success Kit
A Success Kit with food and weight scales, recipes, workout DVDs and more will be shipped to your door after your first session.

Spark your transformation

†In the past 20 years, researchers have demonstrated that structured weight-loss and lifestyle-change programs can accomplish three critical employee and population health goals: 1. Improving overall health outcomes for individuals who are overweight and obese but do not yet have prediabetes or diabetes (Jensen, M.D., Ryan, D.H., Donato, K.A. et al, 2014) 2. Reducing the progression to diabetes in those who have prediabetes (Williamson, D.A., Bray, G.A., & Ryan, D.H, 2015) 3. Improving clinical markers for individuals who already have Type 2 diabetes (Espeland, M.A., Glick, H.A., Bertoni, A., et al for the Look AHEAD Research Group, 2014)

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“I have a family history of diabetes, so I knew I had to make changes. Real Appeal has given me the tools to eat healthier and taught me the right amount of exercise that will make a difference.”

Sandy
Real Appeal member
60 lbs lost

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