Healthier habits, healthier lifestyle



Take small steps for lasting change with Real Appeal® powered by Wellos®, an online weight management support program.

Support for a healthier lifestyle, at no additional cost to you

Real Appeal — now powered by Wellos technology — is a evidence-based weight management program designed to help you get healthier and stay healthier. It's available to you at **no additional cost** as part of your benefits.*

Take small steps toward healthier habits

Set achievable nutrition, exercise and weight management goals that may keep you motivated to create lasting change. Track your progress right in the Wellos app.

Support and community along the way

Supported with personalized messages, online group sessions led by coaches and a caring community of members.



Get a Starter Kit delivered right to your door.

Build a solid foundation for your weight loss journey with a Starter Kit**, complete with a Bluetooth scale, measuring tape, and resistance bands.

Join today at uhc.realappeal.com or scan this code

United Healthcare® | Real Appeal® powered by wellos

*Real Appeal® powered by Wellos® is available to individuals who are eligible through their health benefits and meet certain biometric criteria. Coaches cannot diagnose or recommend treatment. It is not appropriate for emergency care; call 911 or visit the ER. If you are already under a provider's care or taking prescription medication, consult your provider before enrolling. Results may vary. The program is not configured for individuals who are pregnant, breastfeeding, or diagnosed with an eating disorder.
**The Starter Kit is available to first-time enrollees after attending their first session. Items may be taxable. Consult an appropriate tax professional to determine tax obligations.

Health plan coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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