



Love your heart

Lose weight with Real Appeal®

Your way to heart health and a weight you love is with **Real Appeal**

Slimming down can be beneficial for your heart. Real Appeal offers a heart-healthy plan that helps you learn simple steps to build a healthy lifestyle.

5%↓

Studies have shown that losing as little as 5 percent of your body weight can reduce the risk of heart attack and stroke.¹

When you enroll in Real Appeal you receive:

- Up to a year of support from a Transformation Coach. Your coach guides you through the program and develops a simple, customized plan that fits your needs, preferences and goals.
- 24/7 access to digital tools and dashboards that help you track your food, activity and weight.
- A success kit full of healthy weight management tools including fitness guides, a recipe book (with quick family meal ideas and fast-food eating tips), weight scale and more.
- Support from weekly online group classes led by a Transformation Coach.

Start your Real Appeal program at
archstl.realappeal.com

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



Real Appeal®

*Real Appeal is available at no additional cost to employees with our UnitedHealthcare insurance plan, their covered spouses and dependents 18 or over with a BMI of 23 and higher, subject to eligibility.

Risk Wing, R. R., Lang, W., Wadden, T. A., Safford, M., Knowler, W. C., Bertoni, A. G., Wagenknecht, L. (2011). Benefits of Modest Weight Loss in Improving Cardiovascular Factors in Overweight and Obese Individuals With Type 2 Diabetes. *Diabetes Care*, 34(7), 1481-1486. doi:10.2337/dc10-2415

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