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.

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.

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

*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.