



# Lose Together. Win Together.

Real Appeal is ready to help.

**Real Appeal®** is a free\* online weight loss program available to you and eligible family members.

## With Real Appeal you get:

- A **Transformation Coach** who leads weekly online group sessions.
- **Online tools** to help track your food, activity, and weight loss progress.
- A **Success Kit** with recipes, scales, workout DVDs, and more — shipped right to your door.

Join Real Appeal for free at  
[tccare.realappeal.com](http://tccare.realappeal.com)

## A Real Appeal Success Story



AFTER

**Brian & Julie**  
Real Appeal Members

**160**  
lbs lost  
together

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



# Real Appeal®

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

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