

Get support to build healthier habits

Now's a great time to start taking small steps for lasting change, with Real Appeal®. This online weight management program is designed to help you create a healthier lifestyle that you can maintain with confidence.

More support for more confidence

Real Appeal supports you every step of the way. It's available to you at no additional cost as part of your health plan benefits.



Supportive coaching and sessions

Get personalized guidance from a coach, who leads collaborative weekly group sessions.



Making behavior change possible

Together, we'll address topics like emotional eating, mindset and motivation, and more.



Resources to stay motivated

Your Success Kit gives you access to online fitness classes, scales, a portion plate, and more.

Real Appeal is offered at no additional cost to State of Maryland employees, spouses, and dependents 18+ covered by a UnitedHealthcare medical plan and a body mass index (BMI) of 23 or greater.



Here's what you need to register:

Your calendar

Choose a weekly online session day and time that works for you.

Your shipping address

You'll receive your Success Kit after attending your first online session.

Your health insurance

Have your health insurance ID card handy when enrolling.

SCAN ME



Get started now at
stateMD.realappeal.com
or scan the QR code.