

# 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](http://stateMD.realappeal.com)  
or scan the QR code.