



# Healthier habits, healthier lifestyle

Get support with Real Appeal®, an online weight-loss program



## Supporting your weight-loss goals, every step of the way

With Real Appeal, you get the guidance of experienced online coaches and tools to set and track goals and the support of a community to help keep you motivated. It's a free, online weight-loss support program that can help you lose weight and feel great, like Mae did.



### Get support to help reach your goals

#### Online coaching

Get help to stay on track to reach your goals with online, coach-led group sessions.

#### Goal setting

Hit your goals with our fitness, food and weight trackers to stay on top of your progress.

#### Success Kit

Receive a Success Kit with food and weight scales, portion plate and more.

**Mae**

**Down 2  
sizes**

“ Real Appeal gives you all the tools to succeed. It feels like they are investing in you with a coach and all the equipment needed. I just made small changes in my life and they are adding up to big success. Thank you Real Appeal. ”

Start your own success story: [stateofmd.realappeal.com](https://stateofmd.realappeal.com)

United  
Healthcare

Real  
Appeal®

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

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