

Real Appeal®

WEIGHT LOSS SUPPORT

Lose Weight. Feel Great.

Start living a healthier, happier life with help from Real Appeal®, a free* online weight loss program proven to help you achieve real, lifelong results.

Make the Change You've Always Wanted, for Free

Real Appeal is available to you and eligible family members at no additional cost as part of your company's medical insurance.



Small steps. Lasting change.

Set achievable nutrition, exercise, and weight loss goals, then track your progress from your daily dashboard.



Support and guidance. Committed to you.

Stay focused on your goals with online group sessions led by coaches and a caring community of members.



Tools and resources. Delivered to your door.

You'll receive a Success Kit with weight and food scales, exercise tools, food guides, and more.

Get Started Today.

ymca.realappeal.com

Have your health insurance ID card handy when enrolling.



YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively
serving YMCAs since 1970.

A Real Appeal Success Story



Pauline
Charlotte, NC

120
lbs. lost

"Real Appeal gave me all the tools to succeed. The coaching and community are so helpful and supportive."

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

RALLY/COACH™

**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.

© 2020 Real Appeal, Inc. All rights reserved.