



The help you need to lose weight and keep it off is here. For real.

As an Oxford plan member, you are eligible to take advantage of Real Appeal® at no extra cost. Real Appeal is a digital program that provides you with up to a full year of support for lasting weight loss. **On average, participants lose 10 pounds¹ after attending just four online classes.**



Dave L.
Age 47

*“I’m stronger. I have
a lot more energy.
Thank you, Real Appeal.”*



Tashawna O.
Age 37

*“This is no diet—
this is not a gimmick.
I feel great!”*

CONTINUED

Your program includes:



Personal transformation coach.

- Step-by-step guidance and customization for a program that fits your needs, preferences and goals.
- Support and motivation for a full year to help you lose weight or maintain results.
- A personalized dashboard to help you keep track of your calories, fitness and goals.

24/7 convenience.

Staying accountable to your goals may be easier than ever with:

- Food, activity, weight and goal trackers.
- Unlimited access to digital content.
- An online group class designed to help you build camaraderie and accountability with others in the program.
- Weekly health tips from celebrities, athletes and health experts.



Success kit.

Resources to help you kick-start your weight loss and keep yourself on the road to results. Your kit will be delivered after your first class.

It includes:

- Step-by-step success guides.
- Workout DVDs.
- Quick and simple recipes.
- Nutrition guide.
- And much more.



Join the thousands of members who have lost nearly 1 million pounds.¹



Start today at
success.realappeal.com.

realappeal®

UnitedHealthcare®
Oxford

¹ Real Appeal Book of Business, results through December 2016; four-session attendance meets CDC definition of “active participant.”

Real Appeal is a voluntary weight loss program that is offered to eligible participants over age 18 as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

Oxford HMO products are underwritten by Oxford Health Plans (CT), Inc. Oxford insurance products are underwritten by Oxford Health Insurance, Inc.

Facebook.com/UnitedHealthcare Twitter.com/UHC Instagram.com/UnitedHealthcare YouTube.com/UnitedHealthcare

MT-1156327.0 CT-17-622 9/18 ©2018 Oxford Health Plans LLC. All rights reserved. 18-9744 Oxford 2.0 11953