



The **Genius** Way to Live Healthier

New benefit – Sign-up today!

Looking for a little help towards living a healthy life? **Real Appeal®** is here! This is a convenient digital weight loss benefit available at no additional cost* that's designed to support you in managing your health. We all have different goals for our health. Taking simple steps in the right direction leads to positive life changes.

Real Appeal helps you lose weight and reduce your risk of developing certain diseases like diabetes and cardiovascular disease. Real Appeal members who attended 4 or more sessions lost an average of 10 pounds**.

When you enroll, you receive:

- Up to a year of support from your Transformation Coach who guides you through the program and develops a simple, customized plan that fits your needs, preferences and goals.
- 24/7 access to digital tools and dashboards that help you track your food, activity and weight.
- A success kit full of healthy weight management tools including fitness guides, a recipe book (with quick family meal ideas and fast-food eating tips), weight scale and more.
- Weekly online group sessions to learn healthy ideas from your coach and other members who share what's helped them achieve success.

If you're ready to spark your transformation, enroll today at drivetime.realappeal.com. For the best experience, access Real Appeal from your own device.

**Real Appeal is available at no additional cost to employees with our United Healthcare insurance plan and their covered spouses with a BMI of 23 and higher, subject to eligibility.*

***Individual results may vary. Consult your physician before starting any weight loss program.*