

**Weight loss
that's free.*
A transformation
that's real.**

**Real
Appeal**



**Real Appeal is a free digital
weight loss program available
to you as part of your
employee benefit plan.***

**Lose
10
lbs+**

average weight loss after 4 sessions

**If you're already a member of our UMR plan,
learn more and join today at**

wwt.realappeal.com



***Real Appeal is available at no additional cost to eligible employees and spouses/domestic partners covered under our UMR insurance and with a BMI of 23 or greater. If you choose UMR for your benefits, you can enroll once you are active in the new plan.**

Your transformation experience

Real Appeal

Program highlights

- This is an online program, so you will need access to a computer or other personal device
- Backed by decades of proven clinical research[†]
- Nearly 1 million lbs lost by thousands of members
- Covered at no additional cost as an employee benefit



Congratulations!

Your employer and/or health plan is offering Real Appeal as part of your benefits.



Sign up at wwt.realappeal.com

When you enroll, you'll need:

- insurance information
- height and weight
- health history
- preferred day and time for online weekly group sessions



Attend weekly online group sessions

Up to a full year of support in sessions led by specially trained coaches



Access tools

Digital tools and trackers available 24/7 to customize your experience



Receive your Success Kit

Your program toolkit including a scale, workout DVDs, session guides and more is free after your first session



Spark your transformation

[†]In the past 20 years, researchers have demonstrated that structured weight-loss and lifestyle-change programs can accomplish three critical employee and population health goals: 1. Improving overall health outcomes for individuals who are overweight and obese but do not yet have prediabetes or diabetes (Jensen, M.D., Ryan, D.H., Donato, K.A. et al, 2014) 2. Reducing the progression to diabetes in those who have prediabetes (Williamson, D.A., Bray, G.A., & Ryan, D.H, 2015) 3. Improving clinical markers for individuals who already have Type 2 diabetes (Espeland, M.A., Glick, H.A., Bertoni, A., et al for the Look AHEAD Research Group, 2014)