



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

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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