Get Motivated

Are you ready for a healthier you?

Real Appeal® is a free* online weight loss program available to you as part of your employee benefits.

Real Appeal can help you reach your goals with:

- A **Transformation Coach** who leads weekly online group sessions.
- **Online tools** to help track your food, activity, and weight loss progress.
- A **Success Kit** with recipes, scales, workout DVDs, and more — shipped right to your door.

Three Tips for Success

1. **Start small**
   Focus on one, specifi goal at a time. It will help keep things manageable.
2. **Write out your goals**
   Make your goals feel real. It will give you a greater sense of accountability.
3. **Forgive yourself**
   Remember that you're human. One slip-up doesn't have to undo your progress.

Join Real Appeal for free at
enroll.realappeal.com

TRAVIS COUNTY CARE Program
SMALL STEPS TO BIG CHANGES

Real Appeal®

For the best experience, access Real Appeal from your own device.

*Real Appeal is available at no additional cost to employees with our UnitedHealthcare medical plan, their covered spouses/domestic partners and dependents 18 or over with a BMI of 23 and higher, subject to eligibility.

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