

What is my BMI?

Real Appeal

Your BMI (Body Mass Index) can be a helpful indicator of whether you're at a healthy weight for your height. Find out your BMI at bmi.realappeal.com.

25



A high BMI (over 25) may put you at risk for:¹

- type 2 diabetes
- high blood pressure
- heart disease
- stroke

Losing as little as 5% of your body weight can help lower your BMI and improve your overall health.²



5%

Looking for a way to get to a healthy BMI? Join Real Appeal®, our free* weight loss and healthy living program that gives you the support, tools and resources to help you become a healthier you.

Find out if you're eligible and enroll in Real Appeal at

cityofmilwaukee.realappeal.com

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

*Real Appeal is available at no additional cost to employees, spouses and dependents 18 and older with the City's UnitedHealthcare insurance subject to eligibility requirements. City of Milwaukee participants who complete 10 Real Appeal weekly coaching sessions during the Healthy Rewards program, July 1, 2017-June 30, 2018, earn 10 healthy rewards points. Participants can earn an additional 10 points for losing weight or 5 points for maintaining weight over the same time period.

¹Centers for Disease Control and Prevention. "Healthy Weight", 29 Aug. 2017, www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.

²Obesity Society. (2015, February). Your Weight and Diabetes. Retrieved September 27, 2017, from <http://www.obesity.org/content/weight-diabetes>.

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