

Real Success.

Lesley lost 50 pounds with Real Appeal



Losing weight can **change your life.**

Lesley, a spouse of a City of Milwaukee employee, lost 50 pounds in just over a year with Real Appeal®.

Real Appeal® is a free* online weight loss program available to employees and eligible family members as part of the City of Milwaukee health insurance plan.

With Real Appeal you get:

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



A Real Appeal Success Story

BEFORE | **AFTER**

Lesley
Real Appeal Member
Spouse of a City employee

50
lbs lost

Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

Join Real Appeal for free at cityofmilwaukee.realappeal.com

Members who have completed the program can re-enroll in a second year by logging on to their Real Appeal dashboard and following the instructions for re-enrollment.

*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 employees and spouses who complete 10 Real Appeal weekly coaching sessions during the City of Milwaukee Healthy Rewards Program, July 1, 2018-June 30, 2019, earn 10 Healthy Rewards points. For program questions or enrollment assistance, contact our Answer Center at 1-844-344-7325.



Real Appeal®