



City of Milwaukee

Weight Management Programs

The City of Milwaukee offers multiple programs to help employees and spouses manage their weight. Participants select the best option that fits their lifestyle and schedule.

All programs are eligible for Healthy Rewards Points.

Real Appeal Online Weight Loss Program

Real Appeal is a personalized online program that helps participants lose weight, achieve better health and lifelong wellness through online group classes, a transformation coach, nutritional and fitness guides and tracking apps. Real Appeal is FREE to employees, spouses and dependents 18 and older with the City's UnitedHealthcare insurance (subject to eligibility requirements). Enroll using a smartphone, tablet or personal computer at cityofmilwaukee.realappeal.com Participants who have reached week 52 in the program now have the opportunity to re-enroll by calling Real Appeal at 844-344-7325.

Journey To a Healthier You - Interactive Weight Management Program

An on-site, 8-week interactive weight management program designed to give participants the support and tools they need to lose weight and keep it off. The program is FREE to City of Milwaukee employees and spouses regardless of enrollment in the City's health benefits. For more information on the upcoming program schedule and how to register, visit www.milwaukee.gov/WYCM.

Health Coaching or Nutrition Coaching

Experienced on-site or telephonic health coaches and registered dietitians are available to help participants manage their weight and reach weight loss goals using tools that fit their lifestyle. Health and nutrition coaching services are FREE to employees and spouses. Call 414-777-3410 or log into the wellness portal to schedule an appointment at www.workforcehealth.org/cityofmilwaukee.

Maintain Don't Gain - Holiday Weight Management Challenge

Maintain Don't Gain is an on-site, 8-week weight management challenge that encourages participants to eat healthy, maintain their weight and enjoy the holidays. The challenge runs November - January each year and is FREE to City of Milwaukee employees and spouses regardless of enrollment in the City's health benefits. Visit www.milwaukee.gov/WYCM in October for more information on the program schedule.

Year-Round Fitness Classes

Various group fitness classes led by certified exercise professionals are offered FREE to employees and spouses throughout the City. All ages and abilities are welcome! Visit www.milwaukee.gov/WYCM for more information on the class schedule and how to register.



In partnership with



Workforce Health