

# Real Appeal

## How Real Appeal helped transform Koni's life

In February of 2017, Koni, a 61 year-old GBGM Church and Community worker was significantly overweight. For years she had tried to lose weight through a variety of programs and books, only to plateau, get discouraged and give up. When Koni heard about Real Appeal®, the online weight loss program available at no additional cost to employees and spouses as part of their medical benefits plan\* she decided to give it a try.

Learn more and join Real Appeal today at [generalagency.realappeal.com](http://generalagency.realappeal.com).

Koni says her favorite aspect of Real Appeal is that it starts with the end in mind. To date, she has lost 41 lbs. and has successfully kept 40 lbs. off for a year now. This was accomplished through a combination of goal setting, healthy thinking and managing difficulty. Koni's cholesterol is now in the healthy zone; she has more energy and feels she has the skills to maintain her weight loss. She is looking forward to exploring the mountain trails near her home and someday in the future, she hopes to walk on the Appalachian Trail.



**Koni**

General Agency employee.

Real Appeal member.

**41  
lbs lost**

**Real Appeal** Sparking the transformation that's in every one of us.

*Real Appeal members who attended 4 or more sessions during the course of the program lost an average of 10 pounds. Individual results may vary. Consult your physician before starting any weight loss program.*

**Real Appeal**® is committed to sparking transformation that is in every one of us. The program helps employees lose weight, achieve better health and lifelong wellness through online group classes, a Transformation Coach, nutritional and fitness guides and tracking apps. **Real Appeal** members benefit from a customized program designed to meet each individual's lifestyle and weight loss goals.

Become a member today at [generalagency.realappeal.com](http://generalagency.realappeal.com).

*\*Real Appeal is available at no additional cost to employees with our UnitedHealthcare insurance plan and their covered spouses with a BMI of 23 and higher, subject to eligibility.*