

## Welcome to the Brand New You!

Beginning October 1, 2017, medical plan participation is not required to enroll in Real Appeal!

Since its introduction in 2016, the Real Appeal program has resulted in numerous success stories for National Church Residences' employees:



Real Appeal is a fun, interactive and voluntary weight management program sponsored by National Church Residences and UnitedHealthcare. It is a step-by-step program designed to help you get on the fast track to achieving your weight management goals.

If you qualify for the program, RealAppeal will provide you with a health coach and a success kit which includes easy-to-use cooking tools, recipes, nutrition guides, workout DVDs, electronic scale and more. Best of all, it's all provided to you at **no cost** and you determine how long you stay engaged in the program! Whether it's a few pounds or more or you just want to improve your overall health and well-being, check out Real Appeal to determine if it would appeal to you!



All participation in Real Appeal is always voluntary and completely confidential. National Church Residences and UnitedHealthcare never receive any information relating to your participation in the program. Enjoy life and enjoy Real Appeal compliments of National Church Residences and UnitedHealthcare!

To learn more about Real Appeal or to enroll in the program, visit <a href="mailto:nationalchurchresidences.realappeal.com">nationalchurchresidences.realappeal.com</a>.

Your username will be one of the two options below:

If you are enrolled in UHC Medical Insurance
ID Number on Insurance Card

If you are NOT ENROLLED in UHC Medical Insurance
First Name Last Name DOB (MMDDYYY)
Example: MariaSmith02131975

