

Weight loss that's free.*

A difference that's real.

Tim, Real Appeal member



Real Appeal is an online program that can help you lose weight and improve your health - all at no additional cost.

Real Appeal will be available to eligible members of our UnitedHealthcare plan in 2018.¹



Receive up to a year of support

A Transformation Coach will lead weekly online group sessions with simple steps on nutrition, exercise and how to break through barriers to reach your goals.



Real benefits

Real Appeal will help you learn how to live a healthy, balanced life. Research shows that losing just 5% body weight can help reduce the risk of type 2 diabetes and heart disease.²



Proven weight loss

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.



Tools made for real life

You'll receive a Success Kit containing step-by-step guides, workout DVDs, delicious recipes, and more. Monitor your progress with online food and activity trackers - available anywhere, anytime.



Real Appeal Success Kit

Watch for enrollment information
- coming soon.



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

*Real Appeal is available at no additional cost to employees with our UnitedHealthcare medical plan, their covered spouses and dependents 18 or over with a BMI of 23 and higher, subject to eligibility.

1. Eligible members can enroll in Real Appeal in the month your employer's health plan becomes effective.

2. Wing RR, Lang W, Wadden TA, et al. Benefits of Modest Weight Loss in Improving Cardiovascular Risk Factors in Obese and Overweight Individuals with Type 2 Diabetes. Diabetes Care. 2011;34(7):1481-1486.

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Your transformation experience.

Real Appeal[®]

Program highlights

- This is an online program, so you can conveniently access it from your desktop, tablet or mobile device.
- Backed by decades of proven clinical research.[†]
- Covered at no additional cost to eligible members of our UnitedHealthcare medical plan.



Watch for more information

Transocean will soon begin offering Real Appeal as part of your medical benefits.



When you enroll, you'll need your:

- Insurance card
- Height and weight



Attend weekly online group sessions

Up to a full year of support with specially trained coaches and peers you can learn and exchange ideas with.



Access tools

Online tools and trackers available 24/7 so you can monitor your success.



Receive your Success Kit

Your Success Kit includes a scale, workout DVDs, session guides and more after your first group session.



Spark your transformation

A Real Appeal success story



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.



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[†]In the past 20 years, researchers have demonstrated that structured weight-loss and lifestyle-change programs can accomplish three critical employee and population health goals: 1. Improving overall health outcomes for individuals who are overweight and obese but do not yet have prediabetes or diabetes (Jensen, M.D., Ryan, D.H., Donato, K.A. et al, 2014) 2. Reducing the progression to diabetes in those who have prediabetes (Williamson, D.A., Bray, G.A., & Ryan, D.H, 2015) 3. Improving clinical markers for individuals who already have Type 2 diabetes (Espeland, M.A., Glick, H.A., Bertoni, A., et al for the Look AHEAD Research Group, 2014)