

# HEALTHY WEIGHT



Find the resources to help with a healthy weight offered to you because of you are a United Healthcare/City Plan member. Additional resources are available to you as a Health Service System member.



**JOIN A WEIGHT MANAGEMENT PROGRAM: A small amount of weight loss, 5-10%, can have big impacts on reducing your blood pressure and your risk for other diseases.**

## Real Appeal

Real Appeal can help you lose excess weight and reduce your risk of developing chronic conditions like diabetes and cardiovascular disease. This is a new benefit as of 2018 that comes with no additional cost to you. Go to [uhc.realappeal.com](http://uhc.realappeal.com) to determine if you are eligible for this program.

1. A personalized transformation coach for an entire year. The *Online Virtual Coaches* guide participants through the program, step by step, customizing it to fit their needs, personal preferences, goals and medical history.
2. 24/7 online support and mobile app.
3. A Success Kit.

All the gadgets participants need to help kick-start their weight loss and keep them going strong will be delivered to their door after they attend their first group coaching session. It includes these helpful tools:

- Personal blender, digital food scale, “perfect” portion plate
- Resistance band, exercise DVDs
- Electronic body weight scale,
- And more

Questions? Call 844-344-REAL or email [support@realappeal.com](mailto:support@realappeal.com).

## Rally

Rally, which is available to all UHC members, has information on maintaining a healthy weight. Login to MyUHC.com or through the Mobile App, and you can set up daily missions, including Eating Mindfully, exercising 30 minutes a day, and walking 5000 steps. Mark each mission complete once a day and earn Rally Coins. Rally can also track your Health Risk assessment including weight and Rally Age.

## Online

[www.uhc.com/health-and-wellness](http://www.uhc.com/health-and-wellness) contains articles on current topics, recipes including quick and healthy options, and online seminars for well-being.

## Discount Programs

The UnitedHealth Allies® health discount program helps you save 10 to 50 percent on a wide range of health- and wellness related products and services. Discounted services include: weight management, fitness gear, vitamins, digestive health, heart health, stress management and more! Login to MyUHC.com and link to UnitedHealth Allies. You may also visit [www.optumhealthallies.com](http://www.optumhealthallies.com). Access to a network of more than 150,000 health care professionals, facilities and retailers, including popular brands such as Jenny Craig®, Nutrisystem®, Anytime Fitness®, Snap Fitness and others.

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**EAT HEALTHY:** Practice portion control, plan meals and reduce eating out. Limit sugary beverages. Add more fruits and vegetables to naturally reduce calories.

**Programs for Diabetics:** Diabetes self-management training includes medical nutrition therapy services. Nutritional Counseling is covered at 85% after the annual deductible for services related to diabetes education. Consult your Primary Care Physician for counseling.

**Programs for Pregnant Women:** The “Healthy Pregnancy Program” offers a phone call from a care coordinator 4 weeks postpartum that includes information on nutrition. Enroll today: Call 1-888-246-7389, or visit [cx.uhc.com/uhcpregnancy](http://cx.uhc.com/uhcpregnancy).

#### **Online:**

- Rally, which is available to all UHC members, has information on eating healthy. Login to MyUHC.com or through the Mobile App, and can set up daily missions, including Eating until Full, Incorporating Fruits and Vegetables, and Eating Mindfully. Mark each mission complete once a day and earn Rally Coins.
- [www.uhc.com/health-and-wellness](http://www.uhc.com/health-and-wellness) contains articles on current topics, recipes including quick and healthy options, and online seminars for well-being.

**MOVE MORE:** Increase your physical activity a little each day until you are active for at least 30 minutes on 5 or more days per week.

#### **Fitness Center Discounts**

Get Started with the United Health Allies Discount Program:

1. Go to [www.myuhc.com](http://www.myuhc.com), or call 1-800-860-8773 to obtain verification of the discount.
2. Take the verification when you go to sign up.