



Rally Coach™ programs



Get help living a healthier, happier life with Rally Coach programs at no additional cost.



Real Appeal® weight loss and Real Appeal diabetes prevention*

Online weight-loss programs designed to help you gain energy, reduce risk of developing serious health conditions and achieve your long-term health goals.

For more information about Real Appeal, call **1-844-924-7325**, Monday–Friday, 6 a.m.–10 p.m. CT.



Wellness coaching

An online and live coaching support program that provides access to variety digital health and wellness courses.

For Rally Wellness Coaching, call **1-800-478-1057**, TTY **711**, 7 a.m.–10 p.m. CT, Monday–Thursday, 7 a.m.–7 p.m. CT, Fridays, 8 a.m.–4:30 p.m. CT, Saturdays.



Quit For Life®

A tobacco cessation program providing access to the tools and resources you may need to help you quit all types of tobacco use.

For Quit for Life, call **1-866-QUIT-4-LIFE**, TTY **711**, 24 hours a day 7 days a week.



Get started today

To learn more, go to www.rallyhealth.com/retiree

*Refer to the Evidence of Coverage for eligibility requirements

Real Appeal is available at no additional cost to UnitedHealthcare members on this insurance plan with a BMI of 19 and higher, subject to eligibility.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in these plans depends on the plan's contract renewal with Medicare.

The program is not an insurance program and may be discontinued at any time. Benefits and features may vary by plan/area. The information provided through the program is for informational purposes only and provided as part of your health plan. It is educational in nature and should not substitute for medical advice.

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