



# 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.



**Wellness coaching**

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



**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.



**Once you become a member of the UnitedHealthcare® Group Medicare Advantage (PPO) plan**

Visit [rallyhealth.com/retiree](https://rallyhealth.com/retiree) or call the numbers below:

- For Real Appeal call **1-844-924-7325**
- For Rally Wellness Coaching call **1-800-478-1057, TTY 711**
- For Quit for Life call **1-866-QUIT-4-LIFE, TTY 711**

\*Refer to the Evidence of Coverage for eligibility requirements.

This information is not a complete description of benefits. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

Real Appeal® Weight Loss is available to those with a BMI of 19 and higher. Real Appeal Diabetes Prevention is available to you if you have a BMI  $\geq 25$  (BMI  $\geq 23$  for Asian Americans), have Prediabetes, and no previous diagnosis of Type 1 or Type 2 Diabetes. If you are pregnant, please speak with your primary care provider before joining the program. Real Appeal is offered at no additional cost to you as part of your UnitedHealthcare Medicare Advantage plan coverage, subject to eligibility requirements.

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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