

Real Appeal is sparking the transformation that's in every one of us.

A Real Appeal real success story.

Jennifer had never really tried to lose weight in an organized program. At 5'7" and 182lbs. she didn't want to keep gaining weight but wanted to do something about it. She found out about [Real Appeal](#), the free* digital weight loss program available to employees as part of their benefit plan through the county, and decided to give it a try.

Within 7 months, she dropped 23 lbs. by tracking her food intake, learning how to cook healthy meals and being more aware of what she ate. Jennifer likes the education, motivation and support that Real Appeal shares and is willing to work at it. She has started walking more and going to kickboxing class.

Jennifer likes this new way of living; she feels good, her clothes feel better and she has more confidence.



23
lbs. lost

Jennifer
Real Appeal
Member

Congratulations Jennifer!

To help you achieve your goals and healthiest self, we are offering a free* and convenient online weight loss benefit called Real Appeal.

Real Appeal helps you lose weight and reduce your risk of developing certain diseases like diabetes and cardiovascular disease as it's based on decades of proven clinical research. **Most members lose an average of 10 pounds after completing only four sessions of the program.**

When you enroll with Real Appeal you receive:

- 52 weeks of access to a Transformation Coach.
- 24/7 access to digital tools and dashboards that help you track your food, activity and weight.
- A success kit full of healthy weight management tools including fitness guides, a recipe book, weight scale and more.
- Support from weekly online group classes.

Start your Real Appeal success story at larimer.realappeal.com

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

Real Appeal

*Real Appeal is available at no additional cost to all employees and spouses with our UMR insurance and BMI of 23 or greater.

