

Focus on your health during National Diabetes Month

National Diabetes Month
Focus on your health this November

**Real
Appeal**

Did you know November is National Diabetes Month? What better time to raise awareness and encourage people to make healthy changes to help prevent this disease. Type 2 diabetes is a serious disease, but since it is often related to a person's lifestyle choices, there are things you can do to help lower your risk of developing it.

These changes include eating healthy, increasing your physical activity and losing weight.¹ Here are some things you can start doing today:

- Eat more vegetables, fruits and whole grains. Cut back on high-fat foods like whole milk, cheeses and fried foods.
- Aim for at least 30 minutes of activity, 5 days a week. Walking is a great way to get started.
- Lose weight by tracking your food intake, drinking more water and choosing foods high in fiber.²

Looking for a fun, structured way to build a healthy lifestyle and lose a few pounds in your own way, at your own pace? Join [Real Appeal](#)[®], your digital weight loss and healthy living program available to you as part of your employee health plan benefits. From personal Transformation Coaches, online group classes, nutrition and fitness guides to food and exercise trackers, **Real Appeal** offers the support and guidance you need to achieve better health and lifelong wellness.

In less than two years, Real Appeal members have collectively lost more than 1 million pounds. This significant achievement speaks to their commitment to spark their transformation by making positive lifestyle changes and living healthy, joyful lives.

Find out if you're eligible and enroll in Real Appeal today at acps.realappeal.com.

**Real Appeal is available to all employees, spouses and dependents 18+ covered under our UnitedHealthcare insurance and with a BMI of 23 or greater.*