

Optum

Real Appeal

State of Nevada

Data through December 2025

Dashboard Report



1,900

Enrollment

Members enrolled since program inception*



85%

At-Risk

Members with BMI > 30, or BMI between 25 to 29.99 and a qualifying comorbidity



1,038

Engagement

Members attending one or more coaching sessions



83

Currently Engaged

Members actively engaged due to logging activity within the last six weeks



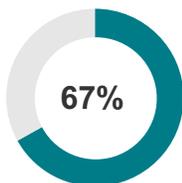
Member Satisfaction Rating

4.84

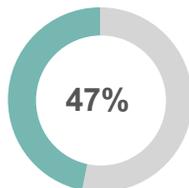
*Data since program inception, unless an alternative date range has been specified on the cover page.

At-Risk Attendance

4+ Sessions Attended



9+ Sessions Attended



At-Risk

Diabetes, Cardiovascular or other related conditions

Attend 4+ Sessions

Real Appeal Expectations **70%**

Attend 9+ Sessions

Real Appeal Expectations **50%**

At-Risk Weight Loss

35%
5%+ Weight Loss Attended 4+ Sessions In Program 16+ Weeks

5.8
Average lbs. Loss (per member) Attended 4+ Sessions In Program 16+ Weeks



745
Members Reporting Weight Loss

6,958
Total Pounds Lost

5%+ Loss: Real Appeal Expectations **33%**
5%+ Loss: Represents members that have reported weight loss

If visualizations are blank above, there are no relevant data.

Dashboard Report



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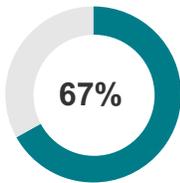
83

Currently Engaged

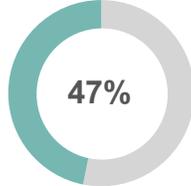
Members actively engaged due to logging activity within the last six weeks

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9+ Sessions Attended



At-Risk

Diabetes, Cardiovascular or other related conditions

Attend 4+ Sessions

Real Appeal Expectations **70%**

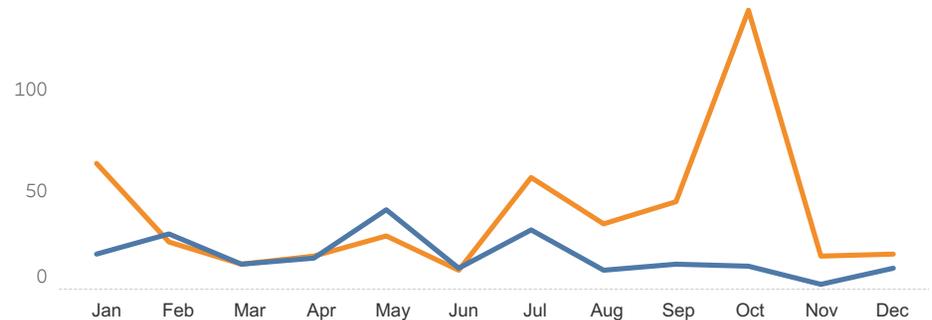
Attend 9+ Sessions

Real Appeal Expectations **50%**

At-Risk Enrollment

■ Current Period At Risk

■ Prior Period At Risk



At-Risk Weight Loss

35%
5%+ Weight Loss

Attended 4+ Sessions In Program 16+ Weeks

5.8
Average lbs. Loss
(per member)

Attended 4+ Sessions In Program 16+ Weeks



745
Members Reporting Weight Loss

6,958
Total Pounds Lost

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Current Period At Risk	18	28	13	16	40	11	30	10	13	12	3	11
Prior Period At Risk	63	24	13	17	27	10	56	33	44	139	17	18

	2024	2025
Enrolled	541	234
Disqualified	17	9

Disqualification Criteria:

- Younger than 18 years old
- BMI under 23 (based on client set up)
- Anorexia or bulimia nervosa
- Severe chronic or acute illness
- Pregnancy

5%+ Loss: Real Appeal Expectations **33%**

5%+ Loss: Represents members that have reported weight loss

*Data since program inception, unless an alternative date range has been specified on the cover page.

Enrollment Summary



1,900

Enrollment

Members enrolled since program inception*



1,617

At-Risk

Members with BMI>30, or BMI between 25 - 29.9 and a qualifying comorbidity



37

Re-Enrolled

Members who completed the programs and enrolled for another period



83

Currently Engaged

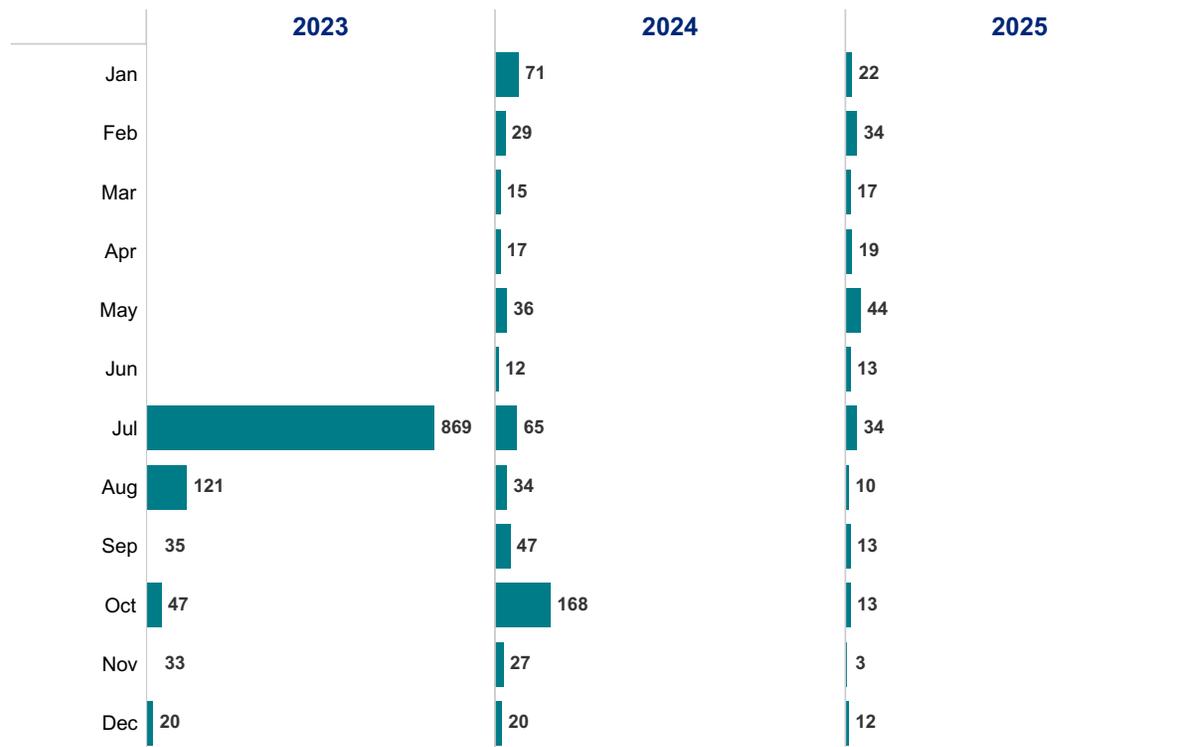
Members actively engaged due to logging activity within the last six weeks

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Enrollments by Year

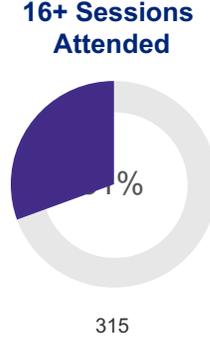
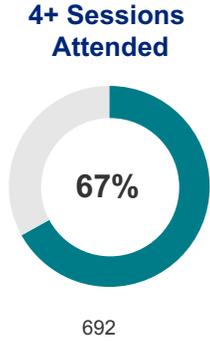
Grand Total	2023	2024	2025
1,900	1,125	541	234

Enrollments by Month



Note: Enrollments by Month only displays the most current three years.

At-Risk Class Progression & Session Engagement



Real Appeal Expectations

- 70%** Will Attend 4+ Sessions
- 50%** Will Attend 9+ Sessions
- 30%** Will Attend 16+ Sessions

Currently in Week / Session Engagement

	1+ Attended	4+	Attended 4+	9+	Attended 9+	16+	Attended 16+	26+	Attended 26+
1 - 3 Weeks	4	0	0%	0	0%	0	0%	0	0%
4 - 8 Weeks	3	1	33%	0	0%	0	0%	0	0%
9 - 15 Weeks	11	7	64%	4	36%	0	0%	0	0%
16 - 25 Weeks	30	21	70%	12	40%	4	13%	0	0%
26 - 52 Weeks	990	663	67%	467	47%	311	31%	146	15%
Grand Total	1,038	692	67%	483	47%	315	30%	146	14%

At-Risk Outcomes



745

Members with Weight Loss



6,958

Pounds Lost



2.7%

Average Weight Loss
Members began 16+ weeks ago & attended 4+ sessions

2.9% Book of Business



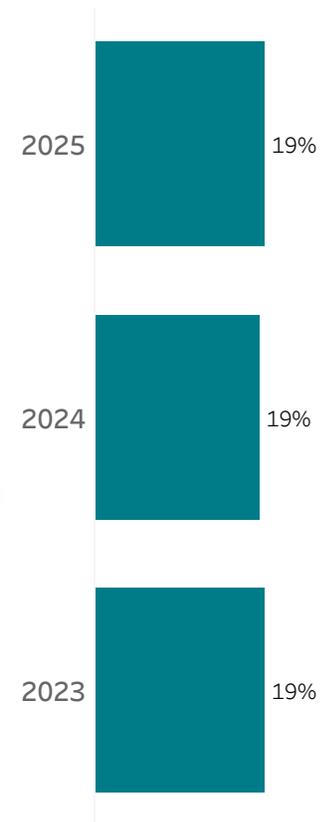
35%

4+ Attended Sessions with 5%+ Loss
Real Appeal Expectations
33% with 5%+ Loss

Your Results

	All Weeks 1+ Attended	Began 16+ Weeks Ago		
		1+	4+	9+
1+ Attended	1,038	1,020	684	479
3%+ Loss	33%	33%	44%	50%
5%+ Loss	19%	19%	26%	30%
Total Weight Loss	4,463	4,420	3,952	2,626
Avg. Start lbs.	214.8	214.7	213.7	213.4
Avg. lbs. Loss	4.3	4.3	5.8	5.5
Avg. % lbs. Loss	2.0%	2.0%	2.7%	2.6%

At-Risk 5%+ Weight Loss



Real Appeal Book of Business

	All Weeks 1+ Attended	Began 16+ Weeks Ago		
		1+	4+	9+
3%+	33%	34%	41%	47%
5%+	20%	20%	26%	30%
Avg. Start lbs.	217.9	217.9	217.4	216.8
Avg. lbs. Loss	4.9	5.0	6.3	7.3
Avg. % lbs. Loss	2.3%	2.3%	2.9%	3.4%

If visualizations are blank above, there are no relevant data.

* Note: Outcomes in above charts include members who may have weight loss, weight gain, or remain unchanged.

Enrollee Characteristics & Outcomes

BMI

** 23 24.9	25 29.9	> 30
131 7%	563 30%	1,206 63%

Medical Need

At Risk	Not At Risk
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Gender

Female	Male
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Plan Member Type

Employee	Spouse/Other
1,812 95%	88 5%

Age Range

18 29	30 39	40 49	50 64	65 69	70+
109 6%	435 23%	529 28%	707 37%	88 5%	32 2%

**On occasion individuals with a BMI <23 will be included in this category.

Attendance & Weight Loss

		% 4+	5%+ Loss
>=30	Female	66.1%	18.5%
	Male	61.7%	16.7%
25-29.9	Female	66.9%	18.1%
	Male	54.7%	20.3%
** 23-24.9	Female	55.4%	13.8%
	Male	42.9%	0.0%

Book of Business Attendance & Weight Loss

		% 4+	5%+
>=30	Female	73.4%	21.1%
	Male	68.2%	22.7%
25-29.9	Female	66.5%	17.6%
	Male	57.1%	16.2%
18.5-24.9	Female	47.9%	13.9%
	Male	37.7%	9.5%

Member Satisfaction



**Member
Satisfaction
Rating**

4.84

Book of Business 4.82

**Average Rating
On a Scale 1-5
(with 5 being the Highest)**

4.80

4.87

4.87

2023

2024

2025

Total Ratings
Classroom Experience

5,347

Registration & Enrollment

Relationship

	Relationship	Grand Total	2023	2024	2025
Registered	Employee	1,874	1,099	549	226
	Spouse/Other	93	67	9	17
Disqualified	Employee	62	37	17	8
	Spouse/Other	5	4	0	1
Enrolled	Employee	1,812	1,062	532	218
	Spouse/Other	88	63	9	16
At-Risk	Employee	1,541	897	454	190
	Spouse/Other	76	54	7	15
Not At-Risk	Employee	271	165	78	28
	Spouse/Other	12	9	2	1
Re-Enrolled	Employee	37	0	19	18
	Spouse/Other	0	0	0	0

Month

	Total	January	February	March	April	May	June	July	August	September	October	November	December
Registered	243	22	35	17	19	45	14	39	10	13	13	4	12
Disqualified	9	0	1	0	0	1	1	5	0	0	0	1	0
Enrolled	234	22	34	17	19	44	13	34	10	13	13	3	12
At-Risk	205	18	28	13	16	40	11	30	10	13	12	3	11
Not At-Risk	29	4	6	4	3	4	2	4	0	0	1	0	1
Re-Enrolled	18	0	3	0	2	4	1	3	2	1	1	0	1

Appendix

Measure

Definition

Completed Registration	Based on valid insurance the member is eligible for the program. Member can be counted 1+ times in this section if they re-enroll.
At-Risk	Member medically qualified to participate in the program.
At-Risk Weight Loss	Members medically qualified to participate in the program and have tracked weight loss.
At-Risk Engagement & Attendance	Members who medically qualify to participate. % Engaged attended ≥ 1 session % Engaged attended 4+ sessions % Engaged attended 9+ sessions
Disqualified	Medically excluded or found ineligible.
Enrolled	Member has been identified to participate in the At-Risk or Not At-Risk program and has selected a class to participate in.
Engaged	Attended 1+ sessions
Active	Member in program for ≤ 52 weeks and has participated in the past 6 weeks
Average Pounds Start	Average weight when enrolled

At-Risk Measurements

Total Pounds Lost	At-Risk members with weight loss
3%+ Loss	At-Risk members who lost ≥ 3%
5%+ Loss	At-Risk members who lost ≥ 5%
Average Pounds Lost	At-Risk members average pounds lost (Total At-Risk Pounds Lost) / (At-Risk Members)

Outcomes

All	At-Risk participants regardless of class participation or length in program
1+	Members attended 1+ sessions
4+ Attended 16+ Weeks	At-Risk participants 4+ class participations, in program 16+ weeks