

# Better Noom. Better You.

Now there's more to Noom to help support your well-being journey. In addition to the personalized, psychology-based techniques you'll learn to better understand your relationship with food, Noom now features additional resources to help you achieve a healthier lifestyle, like **AI food logging**, plus:

- **Noom Move**—Access an extensive collection of workouts right at your fingertips. Whether you're into HIIT, Pilates or yoga, Noom Move has you covered.
- **GLP-1 Companion**—Get guidance and additional tools to set yourself up for success and overcome common challenges if you're on a GLP-1 weight loss medication.<sup>1</sup>

By showing you how to be more mindful of habits and gain the knowledge and support needed for lasting change, Noom can help you live a more balanced life.

## Daily lessons on your terms

Gain confidence with practical knowledge you can use right away. How much time you spend on each lesson is up to you. So it's easy to fit Noom into your schedule.

## Get and stay motivated

With optional one-on-one coaching and support groups, you can choose the kind of support you need to keep going.

## At your speed

Noom's tracking tools are designed to empower you to hit your goals at a pace that's comfortable for you.



## Ready to join the millions already using Noom?<sup>2</sup>

Log in or sign up for WellBeing at [carefirst.com/wellbeing](http://carefirst.com/wellbeing). Once logged in, select **Your Wellness Resources**. Next, click **Health & Fitness** and then **Noom**.

## Simple, convenient app

The Noom app is designed to help you achieve and maintain a healthy weight. It can also help lower the risk for chronic conditions like diabetes. Download it for free from your favorite app store.

There are certain requirements to participate in Noom, like:

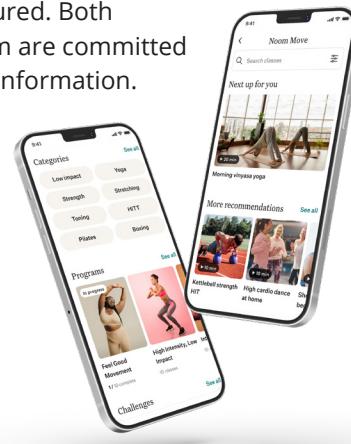
- Being 18 years of age or older with a BMI of 25 or greater,
- Having been identified as having prediabetes, or
- Being at risk for developing prediabetes.

If you've already been diagnosed with diabetes, we encourage you to receive additional support by enrolling in one-on-one Health Coaching through CareFirst WellBeing<sup>SM</sup>.

Noom is part of your CareFirst BlueCross BlueShield (CareFirst) health plan, so there's no cost to join or use it!

Your privacy is assured. Both CareFirst and Noom are committed to protecting your information.

We do not share individual data with your employer. We will never sell your data.



<sup>1</sup>GLP-1 Companion is available through Noom Weight only. <sup>2</sup> Noom internal client data.

Noom is brought to you on behalf of your CareFirst WellBeing program. Noom is an independent company that provides health improvement management services to CareFirst members. Noom does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

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