NOOM FOR WORK

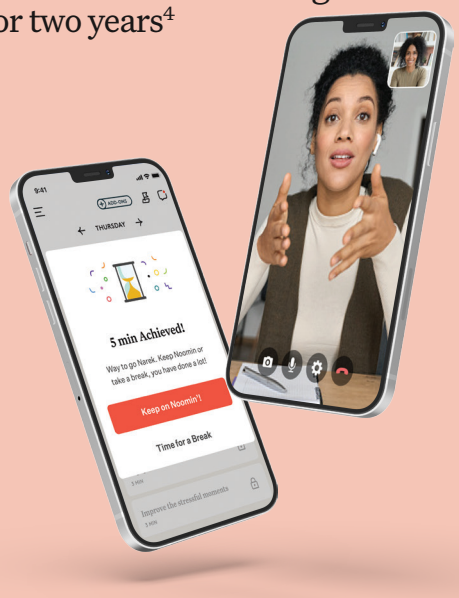
Bite-sized behavior change, game-changing results.

25%
employee adoption[1]

33%
perceived improvement in productivity loss[2]

40%
of engaged users lost more than 5%+ of their body weight[3]

42%
of users maintained weight loss for two years[4]



Bring more joy to your employees.

Today, the idea of work-life balance has become more of a work-life blend, creating an "always on" mentality that's taking a toll on employee health. Noom for Work is the one solution designed to support both the physical and mental health of everyone in your organization.

NOOM WEIGHT

Inspire healthier habits
Psychology-based program helps members understand their relationship with food, so users can make changes that last.

NOOM MOOD

Empower stress relief
Personalized well-being program designed to improve stress management/resilience and reduce anxious feelings.

DIABETES PREVENTION PROGRAM

Reduce incidence of diabetes
The first CDC-recognized virtual behavior change program tailored to support individuals identified as at-risk for diabetes.

Let's talk about changing health benefits for good.

SCAN TO LEARN MORE.

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[1] Noom internal client data

[2] Perception of Improvement of Employee Outcomes and Mood on Noom Mood: prospective survey study of engaged Noom Mood users at 2 weeks and 16 weeks. Dec 2021-Feb2022.

[3] Internal retrospective observational study (Noom Weight) of Jan 2020-2021.

[4] Weight-loss maintenance after a digital commercial behavior change program (Noom Weight): Observational cross-sectional survey study of Noom Weight users that lost at least 10% of their body weight on Noom and maintained at least 10% lost for 24 months.