NOOM

A healthier you, one habit at a time.

Noom combines psychology, technology, and human support to help you build healthy habits that stick.

Lasting change, everyday well-being

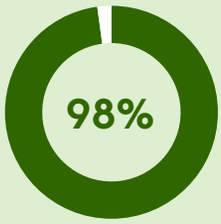
Change your relationship with food with psychology-powered lessons

Easily track your progress with smart tools like AI food logging with the snap of a photo and body scan technology

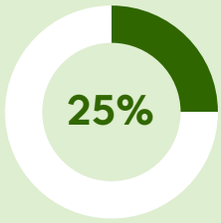
Lower stress and boost your energy with 1,000+ fitness videos, meditations, recipes, and more

Get 1:1 human support from coaches who offer guidance and encouragement tailored to your goals

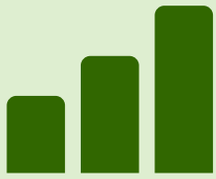
REAL RESULTS THAT GO BEYOND THE SCALE



98% of members say Noom helps them change their habits for good[1]



25% of members transitioned from diabetic to prediabetic after 3 months[2]



Body appreciation improves after 16 weeks of Noom[3]

Get ready! Noom is coming soon.

[1]US: Based on a sample of 4,272 Noomers.

[2]Compared to just 6.6% of non-users.Based on a 3-month retrospective matched case-control analysis of 60 Noom users and 60 non-Noom members based on Electronic Health Record data for a Noom B2B Customer.

[3]Based on single-arm, prospective study of 133 self-reporting participants in 16-week Noom Weight program.