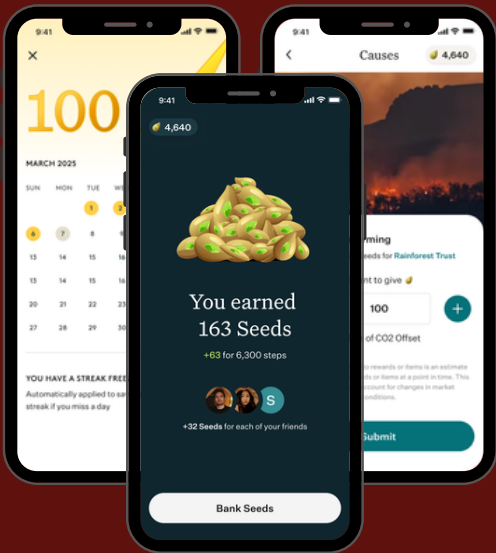


NOOM

Earn rewards,
start a streak,
build habits that last

Noom helps you start and keep healthier habits by encouraging small actions that add up over time.



CONSISTENCY PAYS OFF



For most actions you complete in the app, you'll earn seeds — a virtual currency for the everyday habits that add up to real change.



Keep logging in day after day and you'll build a streak, with streak freeze and repair to protect your momentum if you miss a day.



Redeem your seeds for charitable donations to a cause you support, or repair a streak.



Invite a friend into the mix to keep each other motivated and earn bonus seeds along the way.



Plus, change your relationship with food with Noom's full suite of psychology-based content and tools.



And, get 1:1 human support from coaches who offer guidance and encouragement tailored to your goals.

HOW IT WORKS

1

Earn seeds
Log in to the app and complete an action like logging your weight or logging a meal to earn seeds.

2

Build a streak
Complete actions within the app daily to build a streak. The more days you come back, the longer your streak.

3

Add your friends
Earn more seeds by adding your friends and family. Every time they earn seeds, so will you, and vice versa. Remember, anyone can access Noom's free version.

4

Redeem your seeds
As your seeds add up, redeem them for charitable donations to support a cause that's important to you.



TRY IT OUT
SCAN TO OPEN THE APP



Noom is available at no cost to you.
Join today by scanning the QR code.

Rewards have no cash value and may only be redeemed for donations through Noom's specified vendors. See Terms of Service for details.