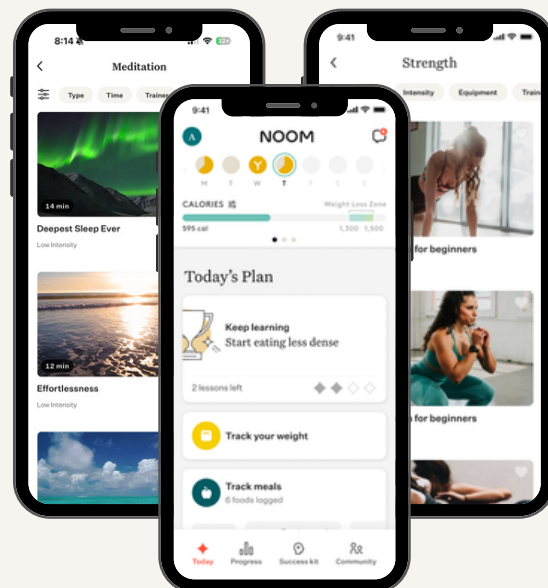


NOOM

Build a healthier you – one microhabit at a time

Noom will soon be a benefit, available at no cost to you. Whether you're looking to lose weight, improve nutrition, lower stress or simply maintain a healthy lifestyle, Noom helps you build lasting change through small, science-backed microhabits — a \$308+ value, at no cost to you.¹ Noom will connect you to the program that best meets your needs:



NOOM **WEIGHT**

Award-winning, behavior change program that helps you build healthy habits for lasting results, including access to a real personal health coach



Get 1:1 human coaching tailored to your health goals or join a peer community to help you stay accountable and on track



Change your relationship with food, movement, and more with a personalized curriculum of psychology-based lessons



Use smart tools, including AI food logging with the snap of a photo to easily track your progress



Access 1,000+ fitness videos, meditations, recipes, and mental wellness modules

NOOM **DIABETES**

A tailored program to help you better manage type 2 diabetes

- ◆ 1:1 guidance from a diabetes-specialized coach
- ◆ Personalized education and nutrition guidance
- ◆ Science-based glucose forecasting to help prevent blood sugar spikes
- ◆ Holistic support with condition-specific resources

NOOM **DPP**

CDC-recognized program for those with prediabetes or at risk for type 2 diabetes

- ◆ Psychology-based curriculum focused on diabetes prevention
- ◆ 1:1 guidance from a coach who specializes in diabetes
- ◆ Dedicated peer group exclusively for DPP members
- ◆ Personalized resources and condition-specific tools

NOOM **MED**

GLP-1s and clinical care you pay for directly, at up to 30% off for those who qualify²

- ◆ Connect with a licensed clinician for an in-depth evaluation
- ◆ Access weight loss medication if clinically appropriate, and get a discount to pay out-of-pocket
- ◆ Find 1:1 coaching and specialized resources to support lasting results beyond medication

¹ Based on current price of 12-month Noom Premium subscriptions.

² If your clinician feels compounded medications are clinically appropriate for you, any compounded medications are not approved by the FDA or reviewed for quality, safety or efficacy. Novo Nordisk, Inc. is the only United States company with FDA-approved products containing semaglutide, identified under the trade names Rybelsus®, Ozempic® and Wegovy®. Lilly USA LLC is the only United States company with FDA-approved products containing tirzepatide identified under the trade names Zepbound® and Mounjaro®.

NOOM IS COMING SOON!

Look out for emails and other communications for details on how to enroll at no cost to you.