

Turn the tables on your cravings with Noom: Weight Management.



Now part of your Highmark health plan, Noom helps you eat better by being more mindful about your meals. Noom's science-backed approach explains the why behind what you eat in small, easy-to-understand bites — helping you lose weight and creating healthy habits that can be sustained.



Because Life.™

NOOM

Noom gives you:

Bite-size lessons that help you change your relationship with food and support a healthier lifestyle.

Smart tools including AI-powered food logging and body scan measurements¹ with a personalized report.

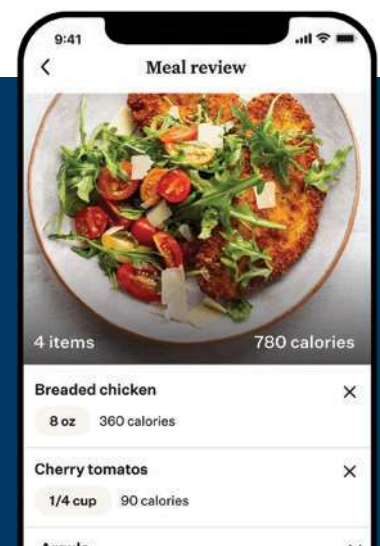
One-on-one support from a health coach who's there for you when times get tough.

A peer community to share tips and cheer each other on.



Enroll in Noom.

To see if you qualify, download the **My Highmark app** or visit **MyHighmark.com**. Click on **Benefits**. Find **Noom: Weight Management** under the **Additional Benefits** section. Once enrollment is completed, you'll be placed in the right program that fits your needs.





Because Life.™

¹Availability may vary.

Noom is an independent company that provides behavior change and lifestyle modification services to address weight management, prevention of type 2 diabetes and support for type 2 diabetes.

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