

NOOM

Balance your blood sugar, boost your health

Here's a health fact: more than 1 in 3 American adults have prediabetes, yet 90% don't know they have it.¹ Prediabetes is a condition where blood sugar levels are higher than normal but not high enough to be diagnosed as type 2 diabetes.

With the right lifestyle changes, you can lower your A1C and prevent or delay the onset of type 2 diabetes. Noom provides the science-backed support to help you succeed – and you have access to Noom at **no additional cost to you**. That's up to a \$209 value!²



Noom's tips to boost your health and lower your A1C

An A1C level is your average blood sugar level over the past two to three months. The higher your A1C level, the higher the risk of having health concerns related to diabetes.³ Building healthy habits can help you manage your A1C and live a healthier life. Start with these tips:



EAT BALANCED MEALS

Focus on whole foods rich in nutrients and fiber, and limit added sugars and processed snacks. Noom's color-coded food system makes it easier to make healthier food choices (go green!), and photo food logging makes tracking meals a breeze.



MANAGE STRESS AND PRIORITIZE SLEEP

High cortisol levels can affect your blood sugar, and poor sleep can cause insulin resistance.^{4,5} Remember to take a break to breathe, practice mindfulness, and rest. Use tools to help reframe your thoughts, navigate overwhelm, and more in Success Kit.



GET ACTIVE

Aim for at least 30 minutes of moderate activity most days. Walking, swimming, and cycling are all great choices. Need inspiration? Explore over 1,000+ fitness videos with Noom Move.



STAY HYDRATED

Water helps regulate blood sugar and supports overall metabolic health.⁶ Noom's bite-sized, psychology-backed lessons teach you about hydrating foods to make staying hydrated easier. And, you can track your water intake right in the Noom app.



Join at no additional cost to you at bit.ly/noom-diabetes-awareness or scan here to enroll.

¹<https://www.cdc.gov/diabetes/takethetest/about-the-test>

²Based on current price of 12-month Noom Weight subscriptions.

³<https://www.mayoclinic.org/tests-procedures/a1c-test/about/pac-20384643>

⁴<https://www.franciscanhealth.org/community/blog/stress-and-diabetes-control>

⁵<https://pmc.ncbi.nlm.nih.gov/articles/PMC9036496/>

⁶<https://www.mdanderson.org/cancerwise/how-to-lower-your-blood-sugar--follow-these-steps.h00-159623379.html>