

NOOM

Small shifts, big changes

Noom is now part of your benefits – available at no cost to you (a \$308 value!)* Whether you want to lose weight, improve nutrition, manage stress, or simply feel your best, Noom helps you build lasting change through small, science-backed microhabits.



Yes, really!
Your Noom
membership
costs you
\$0!

NOOM CAN HELP YOU ACHIEVE YOUR GOALS, SUSTAINABLY.



Retrain your brain

Psychology-based lessons help you understand the “why” behind your habits and how to reshape them.



Do it on your schedule.

Noom fits your life – not the other way around. Build healthier habits in just minutes a day.



Get coaching and smart tools

Health coaches provide guidance and encouragement while smart tools make tracking easy and insightful.



Support your mind and body

Access 1000+ fitness videos, meditations, mindfulness exercises, healthy recipes, and more.



JOIN THE MILLIONS, LIKE BRUNA, WHO MADE LASTING CHANGES WITH NOOM

“I started Noom in April and feel this has been the simplest and most attainable journey I’ve been on, because it tackles food/ mind behaviors, internal psychological struggles and provides interesting tools to fight them.”**

—Bruna lost 20 lbs and is feeling like she can conquer the world.

SIGN UP AT
go.noom.com/nboe

*Based on current price of 12-month Noom Premium subscriptions **Real Noom user compensated to provide their story.

OR SCAN TO
ENROLL





IS MY ACCESS TO NOOM REALLY AVAILABLE AT NO COST TO ME?

Yes! Your Noom membership is sponsored by your employer and is available to you at no cost.

WHO CAN USE NOOM/WHO IS ELIGIBLE?

Noom is available to employees and their 18+ year old spouses and dependents who are on the Newark Board of Education medical plan.

WHAT IS THE TIME COMMITMENT FOR NOOM?

You get to choose! On average, the daily time commitment for Noom is approximately 10 minutes a day.

HOW MUCH WEIGHT WILL I LOSE?

Each weight loss journey is personal and unique, so the amount of weight and time varies per person. We do see that users who engage more with the app lose more weight. On average, Noom users lose 10lbs in 10 weeks and nearly half of those who lose weight kept it off for one year.*

IN WHAT WAYS CAN I ENGAGE WITH THE NOOM APP?

Noom takes a holistic approach to living healthier from changing eating habits to being more active and practicing mindfulness. In the Noom app, you can engage in multiple ways, such as logging meals, engaging with psychology-backed content and articles, connecting with your 1:1 coach, working out with Noom Move, meditating with Success Kit, and much more!

WHAT TOPICS CAN I DISCUSS WITH MY 1:1 COACH?

Coaches advocate for and help support you during your Noom journey. You can chat with them about any questions you have and across a variety of topics, such as your eating and exercise habits, new ways to introduce health and wellness in your life, goal setting, and staying motivated.

WHAT IF I ALREADY HAVE A PAID NOOM SUBSCRIPTION?

If you are already subscribed to a Noom program and would like to enroll in your sponsored program, please email partnersupport@noom.com with your full name, date of birth and existing account email. Once we confirm your eligibility, we will cancel your paid subscription and issue you a prorated refund. Please note that you will start fresh with a new coaching team and your curriculum will reset.

**JOIN NOW AT NO COST TO YOU AT
[GO.NOOM.COM/NBOE](https://go.noom.com/NBOE)**

*Based on 3.5 year study of actively engaged Noom users.

**OR SCAN THE
QR CODE TO ENROLL**

