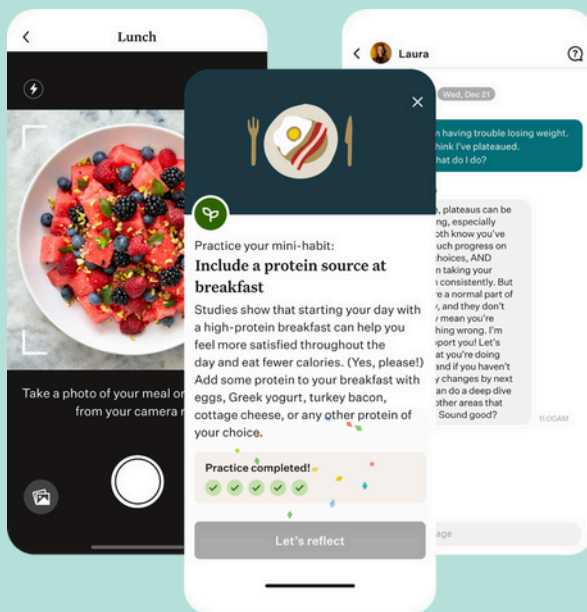




NOOM

A healthier you, one habit at a time

Healthy habits don't just change your body — they transform your life. Noom helps you understand your choices, master your mindset, and create routines that last a lifetime — all at no cost to you (a \$308+ value!)¹



- ◆ See your progress through smart tracking tools, like AI food logging with the snap of a photo
- ◆ Get 1:1 human support from coaches who offer guidance and encouragement tailored to your health goals
- ◆ Change your relationship with food with psychology-based lessons
- ◆ Achieve real results: 98% of Noom members say Noom helps you change your habits for good.²

Noom will place you in the program that meets your needs:

NOOM **WEIGHT**

Learn how to take small steps towards a healthier lifestyle and achieve real, long-lasting results through Noom's proven behavior change program.

NOOM **DPP**

Learn strategies to build healthier habits and prevent diabetes through Noom's CDC-recognized program, designed for people with prediabetes or who are at risk for type 2 diabetes.

NOOM **DIABETES**

Better manage type 2 diabetes with condition-specific education, nutrition guidance, and advanced tools like AI-powered glucose forecasting to help you make confident choices for your health.



SCAN TO ENROLL
OR SIGN UP AT
[go.noom.com/
manateecountygov](https://go.noom.com/manateecountygov)

¹ Based on current price of 12-month Noom Premium subscriptions.
² US: Based on a sample of 4,272 Noomers.