



## DIABETES PREVENTION PROGRAM

# Changing behaviors to set a path toward better health.

One in three American adults is prediabetic and more than 80% don't even realize it.<sup>1</sup> Noom empowers organizations to address this issue head-on by helping employees achieve a healthier weight and reducing the incidence of diabetes throughout the workforce.

## NOOM WORKS FOR DIABETES PREVENTION

Noom's psychology-based techniques and personalized curriculum focus on bite-sized lifestyle changes that create meaningful results.

- Techniques that teach people the *why* behind their habits and how to change them for good.
- Daily lessons tailored to each person's goals.
- One-on-one support with coaches specially trained in diabetes to help improve outcomes.

The Noom Diabetes Prevention Program can be easily integrated into your existing benefits package as a single offering or as part of the Noom for Work benefits program, which also includes Noom Weight (to maintain a healthy weight) and Noom Mood (to manage stress and anxious feelings).

## There's power in proactive care.



### 64%

of members prevented or delayed the onset of type 2 diabetes<sup>2</sup>

### 66%

of engaged members lost  $\geq$  5% of their body weight<sup>3</sup>

### 0.28%

reduction in HbA1c levels among members who completed the program<sup>4</sup>



## ◆ Awarded by the CDC.

Noom's Diabetes Prevention Program (DPP) was the first-ever virtual DPP to receive CDC recognition in 2017—and now maintains its highest distinction, Full Plus Recognition.



**Let's talk about changing health benefits for good.**

SCAN TO LEARN MORE.

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<sup>1</sup> CDC.

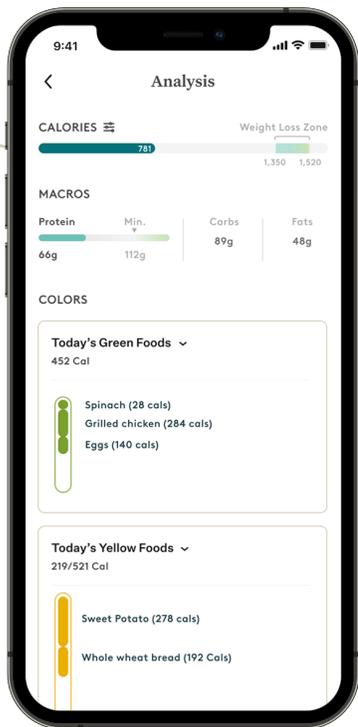
<sup>2</sup> Noom internal retrospective analysis of data from 2021-2022.

<sup>3</sup> Usefulness of a novel mobile Diabetes Prevention Program delivery platform with human coaching. May 2018.

<sup>4</sup> Mobile delivery of the Diabetes Prevention Program in people with prediabetes: a randomized controlled trial. July 2020.

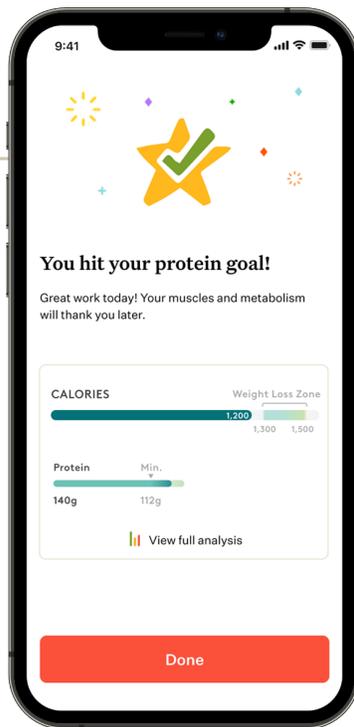
# GLP-1 Companion helps users maintain lean mass while taking weight loss medications.

Success while taking GLP-1s depends on making the necessary lifestyle changes to achieve and maintain *healthy* weight loss. Noom's GLP-1 Companion tailors our award-winning behavior change approach with customized nutrition, fitness, and coaching to help maintain lean mass for those taking a GLP-1 or other anti-obesity medications.



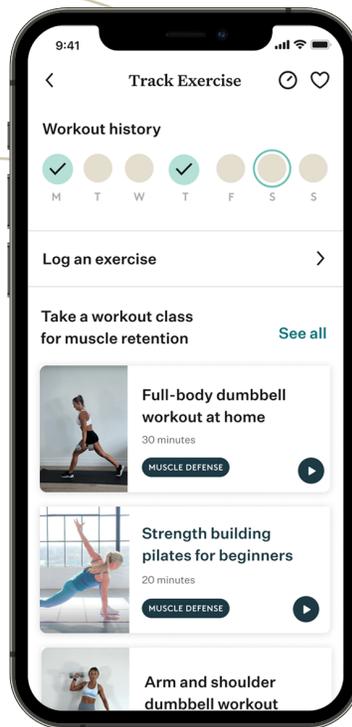
**Personalized Nutritional Guidance**

Tailored recommendations to encourage a protein-rich diet while taking a GLP-1.



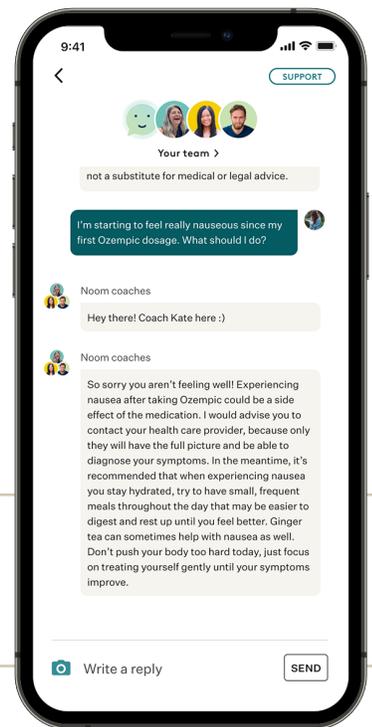
**Medication & Protein Trackers**

Tools supporting adherence to a GLP-1 treatment plan and daily protein requirements.



**Fitness-Focused Content & Videos**

Targeted exercises designed to prevent muscle loss associated with GLP-1 use.



**Expert-Led Guidance & Encouragement**

Continuous support addressing expectations, common side effects, and building overall resilience.

By delivering necessary nutritional and exercise support, Noom empowers responsible on-ramping onto a GLP-1, as well as safe off-ramping, helping members achieve sustainable weight loss while driving health cost savings for organizations.



**Let's talk about how we can support your organization's needs.**

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