



Every employee. Any journey. One solution.

Every employee has a health journey. Noom for Work is the one solution designed to support both the physical and emotional health needs of everyone in your organization.

NOOM WEIGHT

Inspire healthier habits

Psychology-based program helps members understand their relationship with food, so users can make changes that last.

NOOM DIABETES PREVENTION PROGRAM

Reduce incidence of diabetes

The first CDC-recognized virtual behavior change program tailored to support individuals identified as at-risk for diabetes.

NOOM MED

Treat obesity and manage GLP-1 use

Obesity management solution pairing clinical care* to optimize weight loss with long-term behavior change to maintain that weight loss and reduce long-term GLP-1 reliance.

NOOM MOOD

Empower stress relief

Personalized well-being program designed to improve stress management/resilience and reduce anxious feelings.

Bite-sized behavior change,
game-changing results.



25%
employee adoption¹

40%+
of engaged users lost more
than 5% of their body weight²

42%
of users maintained weight
loss for two years³

45%
reduced GLP-1 use⁴

33%
perceived improvement
in productivity loss⁵



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

SCAN TO LEARN MORE.

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¹ Noom Internal Client Data.

² Internal retrospective observational study (Noom Weight) of Jan 2020–2021.

³ Weight-loss maintenance after a digital commercial behavior change program (Noom Weight): Observational cross-sectional survey study of Noom Weight users that lost at least 10% of their body weight on Noom and maintained at least 10% lost for 24 months.

⁴ Noom internal ROI analysis.

⁵ Perception of Improvement of Employee Outcomes and Mood on Noom Mood: prospective survey study of engaged Noom Mood users at 2 weeks and 16 weeks. Dec 2021–Feb 2022.

* Noom Med clinical care is available in all US states except Alabama, Louisiana, New Mexico, Nevada, Virginia, as well as DC.