

Now part of your Highmark health plan, Noom helps you eat better by being more mindful about your meals. Noom's science-backed approach explains the why behind what you eat in small, easy-to-understand bites helping you lose weight and creating healthy habits that can be sustained.



Because Life.™

Noom gives you:

Bite-size lessons that help you change your relationship with food and support a healthier lifestyle.

Smart tools including Al-powered food logging and body scan measurements¹ with a personalized report.

One-on-one support from a health coach who's there for you when times get tough.

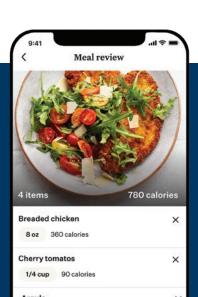
A peer community to share tips and cheer each other on.





Enroll in Noom.

To see if you qualify, download the My Highmark app or visit MyHighmark.com. Click on Benefits. Find Noom: Weight Management under the Additional Benefits section. Once enrollment is completed, you'll be placed in the right program that fits your needs.





Because Life.™

¹Availability may vary.

Noom is an independent company that provides behavior change and lifestyle modification services to address weight management, prevention of type 2 diabetes and support for type 2 diabetes.

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