

→ FAQs:

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

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

WHO CAN USE NOOM/WHO IS ELIGIBLE?

Noom is available to full-time and part-time employee partners at no cost. Spouses can be included by making a benefit change election in Workday.

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/tidelandshealth
Or scan here to enroll

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