

A healthier you, one habit at a time

Noom’s evidence-backed programs combine psychology, technology, and human support to help you build habits that can last a lifetime. What’s more? **Noom is now a benefit, available at no cost to you (a \$308+ value!).**¹ Here’s what you get with your Noom membership:



NOOM **WEIGHT**

Achieve real, long-lasting results through Noom’s proven behavior change weight loss program.

- ◆ **Change your relationship with food** with psychology-based lessons
- ◆ **Get 1:1 human support** from coaches who offer guidance and encouragement tailored to your health goals
- ◆ **See your progress** through smart tracking tools, such as AI food logging with the snap of a photo and body scan technology
- ◆ **Lower stress and boost your energy** with 1,000+ fitness videos, meditations, recipes, and more



NOOM GLP-1[®] PROGRAM

Get self-pay access to anti-obesity medications and clinical care at an exclusive discount, if you clinically qualify.²

- ◆ **Access weight loss medications** – if clinically appropriate – shipped to your door, if eligible³
- ◆ **Receive expert guidance** from licensed clinicians for ongoing care and medication management
- ◆ **Build healthy habits that stick** through Noom’s 1:1 coaching and psychology-based lessons
- ◆ **Use innovative tools** to help you prevent muscle loss, easily track your progress, and see sustainable weight loss beyond medication



JOIN NOOM AT
[GO.NOOM.COM/
TIDELANDSHEALTH](https://go.noom.com/tidelandshealth)
OR SCAN HERE TO ENROLL.

¹Based on current price of 12-month Noom subscriptions.
²If your clinician feels compounded medications are clinically appropriate for you, any compounded medications are not approved by the FDA or reviewed for quality, safety or efficacy. Novo Nordisk, Inc. is the only United States company with FDA-approved products containing semaglutide, identified under the trade names Rybelsus®, Ozempic® and Wegovy®. Lilly USA LLC is the only United States company with FDA-approved products containing tirzepatide identified under the trade names Zepbound® and Mounjaro®.
³Not all medications are available for home delivery. Availability of home delivery will depend on your insurance or cash pay status.