

# NOOM

## It's free to make lasting change.

Riverside Healthcare is proud to offer Noom as a free wellness benefit for employees and spouse on the Riverside Health Plan!

Noom uses the latest in psychology and behavioral science to empower people with the knowledge and skills they need to lose weight and hit their goals at a pace that's comfortable for them.

### DAILY LESSONS ON YOUR TERMS

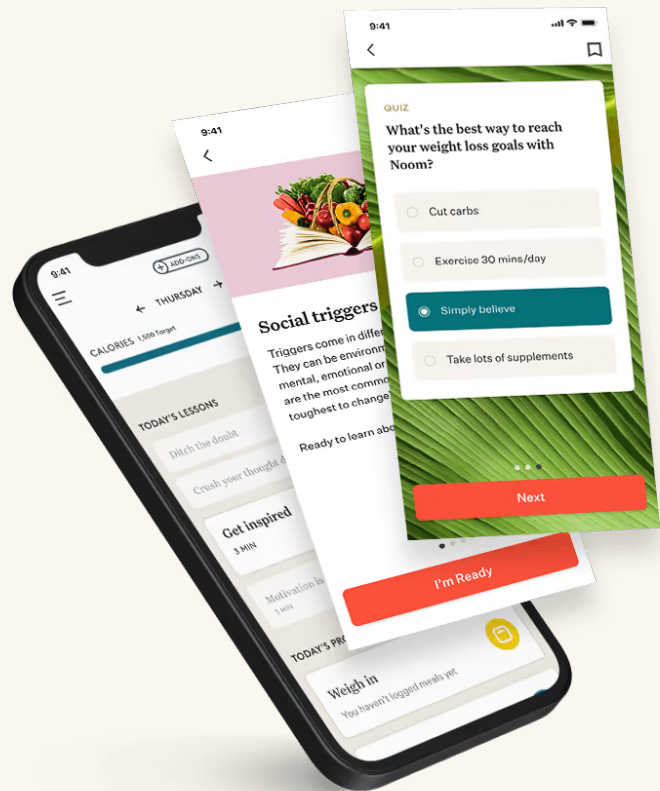
Noom has personalized lessons to help you gain confidence with practical knowledge you can employ right away. How much time you spend on each lesson is up to you, so you can easily fit Noom into your schedule.

### GET MOTIVATED

With one-on-one coaching, support groups, and SOS plans, you can choose the kind of support you need to keep going.

### AT YOUR SPEED

Noom's tracking tools for food, exercise, and more are designed to empower you to hit your goals at a pace that's comfortable for you.



Noom is a REACH Level Two reasonable alternative standard. Participation in the Noom program will earn participants \$300 in REACH incentives (Level One participation required).

\*Noom participants must be a Riverside Employee with a FTE of at least .5 or a spouse on the Riverside Health Plan

Enrollment is easy.  
Follow through on the  
healthier you.

GO TO:  
[GO.NOOM.COM/RIVERSIDEHEALTHCARE](https://go.noom.com/riversidehealthcare)  
OR SCAN THIS QR CODE TO ENROLL



Enrollment questions? [partnersupport@noom.com](mailto:partnersupport@noom.com)