

# Coming Soon: Noom will be fully-sponsored by Riverside Healthcare - at no cost to you!

Noom is a psychology-based program that empowers you to take control of your health for good. Powered by behavioral science, technology, and human coaches, Noom helps millions of people lose weight and meet their personal goals-from weight management to diabetes prevention to stress reduction.

## Why millions have found success with Noom:

### POWERED BY PSYCHOLOGY

We use evidence-based behavior change techniques, including cognitive behavioral therapy (CBT), to teach people the *why* behind their habits and how to change them.

### PERSONALIZED PROGRAM

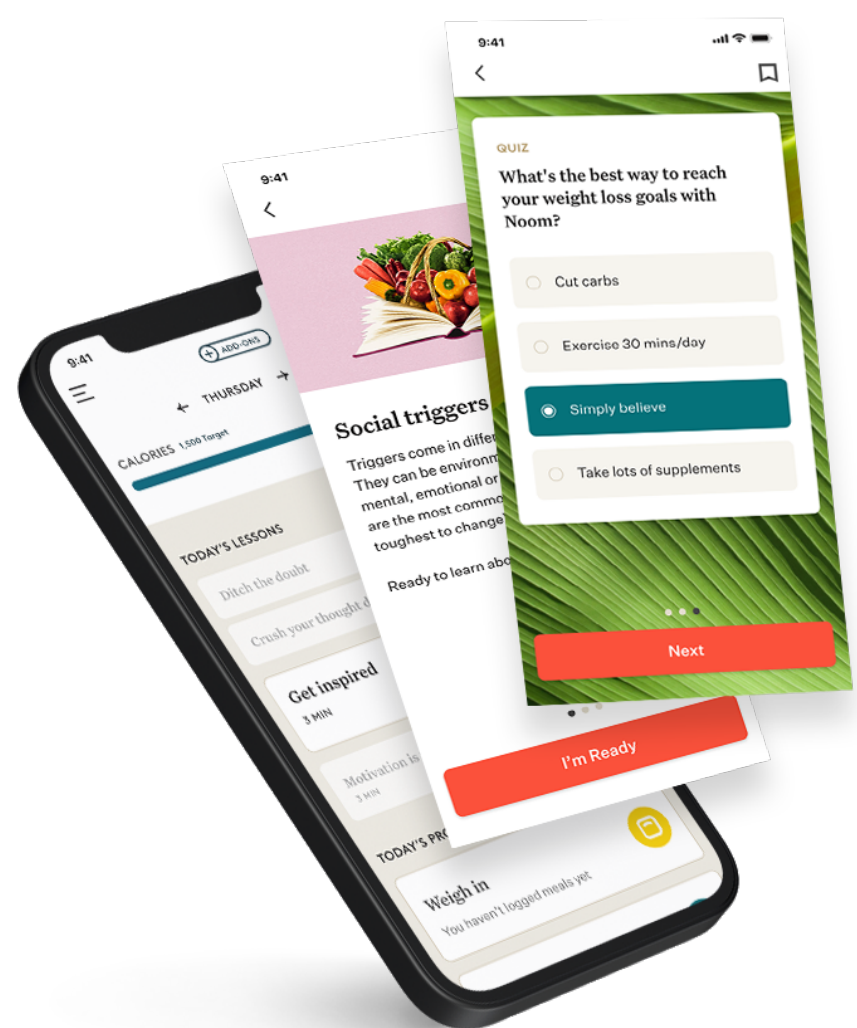
Our daily lessons are tailored to each individual's personal goals and gives them the knowledge and tools to build long-lasting behaviors.

### ONE-ON-ONE COACHING & PEER SUPPORT

Users have access to a personal coach who supports them throughout their experience. They can also join peer support groups based on common attributes to help improve their outcomes.

### GOES BEYOND WEIGHT LOSS

Noom has been cited in 42 clinical studies as helping users better manage their diabetes, hypertension, cholesterol and blood pressure.



**40%**

Of users who use Noom for 4 weeks or more lost 5%+ of body weight

**5.5%**

Average weight loss for users who used Noom for 4 weeks or more

**11+ LBS**

Average weight loss for users who used Noom for 4 weeks or more

**70%**

Of users surveyed report Noom helped with their mental wellness

A healthier you, wherever you are.