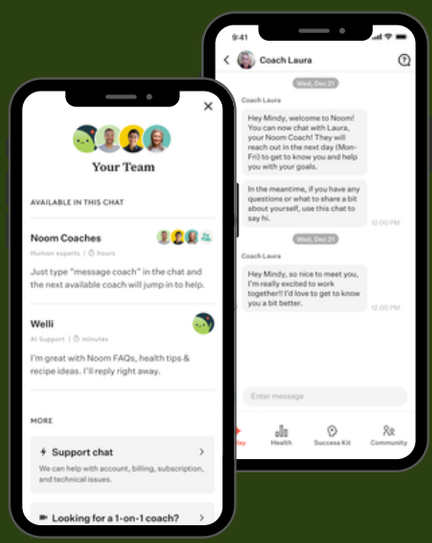
NOOM | DENSO

Real, human support, *every step of the way*

Noom pairs you with a real, trained health coach who's dedicated to understanding your goals and building a path forward to help you get there.



GET SUPPORT TO REACH YOUR GOALS

Noom Health Coaches take the time to understand your goals and build a plan around your life and habits.

Chat with your coach about anything related to managing the Noom program — eating and exercise habits, new ways to bring health and wellness into your life, goal setting, staying motivated, or any related question along the way.

Build momentum with someone who checks in on your progress and helps you adjust when life gets in the way.

Feel less alone in your journey, with a trained and specialized coach in your corner who holds you accountable and celebrates your wins.

Plus, learn about behavior change with Noom's full suite of psychology-based content and tools.

HOW IT WORKS

1. **Open the chat**
Tap the chat bubble icon in the top right corner of your home screen to locate your messages section.

2. **Start a new message**
Locate "Your team," or your individual coach chat if you've already been assigned.

3. **Chat with a coach**
If messaging "Your team", type "message coach" in the chat and the next available coach will jump in to help.

4. **Get ongoing 1:1 support**
Part of Noom Weight? Add a Personal Behavior Change Coach to your program and you'll get weekly check-ins and 1:1 messaging with your dedicated coach. Part of Noom Diabetes, DPP, or Med? A dedicated coach will be assigned to you already.

TRY IT OUT
SCAN TO OPEN IN THE APP

Noom is available at **no cost** to anyone 18 or older enrolled in a DENSO medical plan. Join today by scanning the QR code.