

# **Noom:** Long-term lifestyle change on your terms.

Curative members get one-year access to Noom, a psychology-based lifestyle program. With easy and fun lessons on the app, Noom encourages sustainable healthy habits, improved physical activity, and other forms of well-being, including sleep and stress management. Curative will partner with Noom every step of the way to help you achieve the healthiest version of you.



## With access to Noom, you get:



### Daily lessons on your terms

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.



### Coaching and support

Optional one-on-one coaching and support groups to get the kind of support you need to keep going.



### Ultimate convenience

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.

To sign up, let your **Care Navigator** know you're interested in joining or call Member Services at **855-4-CURATIVE (855)-428-7284**.

