

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.

Getting started:



Become a Curative member



Sign-up for your Baseline Visit



If this program is right for you, onboarding and enrollment information will be shared with you during the visit



If you'd like to think more about it, your Care Navigator will be in touch to follow up



Once enrolled, you'll participate in a weekly virtual touch base and weigh in with a registered nurse to ensure the program runs smoothly