

NOOM

It's free to make lasting change.

PLM is proud to offer Noom as a free benefit to all PLM users enrolled in the UHC Medical 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

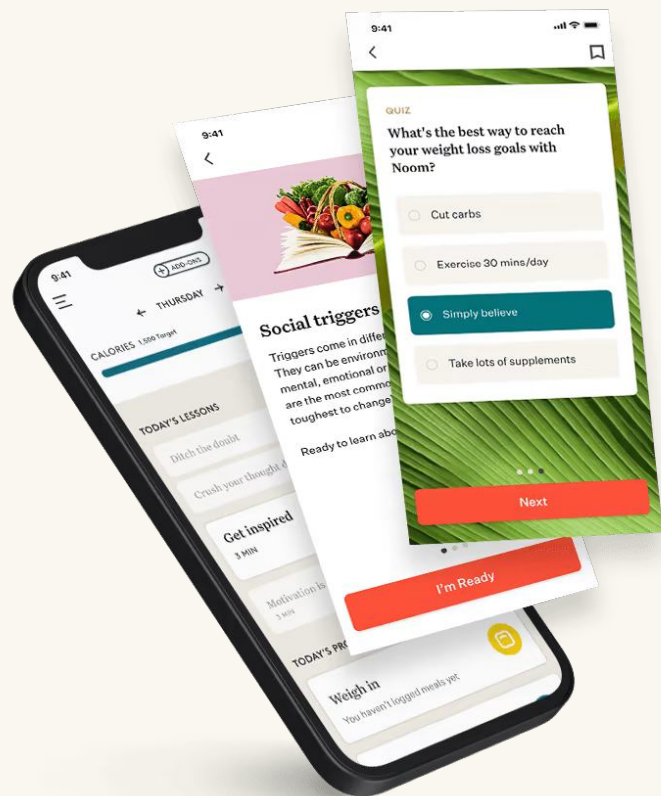
Noom has personalized lessons to help you gain confidence with practical knowledge you can employ right away. How much time you spend on each lesson is up to you, so you can easily fit Noom into your schedule.

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

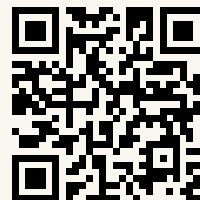
Noom's tracking tools for food, exercise, and more are designed to empower you to hit your goals at a pace that's comfortable for you.



Remember, there is no cost to you and all of the personal information you enter into the app is confidential.

Enrollment is easy.
Follow through on the
healthier you.

 **USE THIS QR CODE WITH
PASSCODE TO ENROLL**



go.noom.com/plmarketing



Enrollment questions? partnersupport@noom.com