

A healthier summer, made easy

Summer's here, and it's the perfect time to put your health first. Try these tips to reach your health goals, and see how Noom makes it simple.



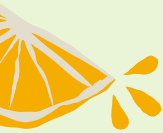
1. STAY MOVING, FROM ANYWHERE, WITH NOOM MOVE

Try a 10 day walking challenge or pick from 15+ types of workouts you can do at home, at the beach, or in your hotel room.



2. SEE MEAL NUTRITION AND MACROS WITH THE SNAP OF A PHOTO

Noom makes logging meals and nutrition, including macros, simple - just take a photo of your meal.



3. REFRAME THOUGHTS AND MEDITATE WITH SUCCESS KIT

Whether you're enjoying a vacation or navigating your daily routine, easily recharge with Noom's Success Kit to reframe thoughts, create space, and meditate.



4. GET 24/7 SUPPORT FROM WELLI AND YOUR NOOM COACH

Stay on track between work, family, road trips, and long weekends with real-time help from your dedicated Noom coach and 24/7 support from Welli, Noom's AI coaching tool.



Join Noom now at no cost to you (a \$209+ value!)*
at go.noom.com/plmarketing

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*Based on current price of 12-month Noom subscriptions, Noom is a wellness benefit to all enrolled in the UHC Medical Plan

