Turn the tables on your cravings with Noom: Weight Management.



Now part of your Highmark health plan, Noom helps you eat better by being more mindful about your meals. Noom's science-backed approach explains the **why** behind what you eat in small, easy-to-understand bites — helping you lose weight and creating healthy habits that can be sustained.

HIGHMARK.
Because Life.™

NOOM

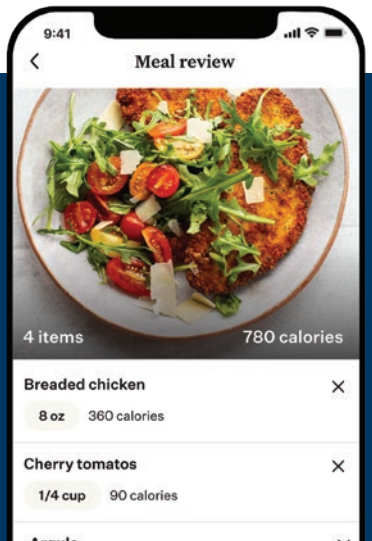
Noom gives you:

Bite-size lessons that help you change your relationship with food and support a healthier lifestyle.

Smart tools including AI-powered food logging and body scan measurements[1] with a personalized report.

One-on-one support from a health coach who's there for you when times get tough.

A peer community to share tips and cheer each other on.



Getting started with Noom

To see if you qualify*, download the **My Highmark app** or visit **MyHighmark.com**. Click on **Benefits**. Find **Noom: Weight Management** under the **Additional Benefits** section. Once enrollment is completed, you'll be placed in the program that fits your needs.

HIGHMARK.

Because Life.™

[1] Availability may vary.

*Participation is subject to eligibility and meeting clinical requirements.

Noom is an independent company that provides behavior change and lifestyle modification services to address weight management, prevention of type 2 diabetes and support for type 2 diabetes.

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Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company or Highmark Senior Health Company. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

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All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

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ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Übersetzungs- und Dolmetscherdienste zur Verfügung. Außerdem sind kostenlos entsprechende Hilfsmittel und Dienstleistungen (wie Großdruck, Audio und Blindenschrift) zur Bereitstellung von Informationen in barrierefreien Formaten erhältlich. Wählen Sie hierfür bitte die Nummer auf der Rückseite Ihrer Ausweiskarte (TTY: 711).

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