

# Noom FAQs:

## What is offered through Noom?

Noom Weight, the flagship program, is available if you are over 18 years old. Noom's GLP-1Rx Program is an add-on program for those who clinically qualify and are seeking a combination of medically supervised weight management and behavior change guidance. Noom's award-winning programs adapt to your lifestyle and help you build health habits that last. Through its behavior change program, including psychology-backed lessons and smart tracking tools paired with 1:1 coaching and peer support, Noom uses psychology, technology, and human support to help you reach your health goals.

## Who is eligible for Noom's GLP-1Rx Program?

All employees who are enrolled in a PAISBOA Health Trust medical plan are eligible for Noom Weight. Those over age 18 who clinically qualify (typically a BMI of 25+) are eligible for Noom's GLP-1Rx Program, which includes anti-obesity medications at an exclusive discount through Noom's self-pay program. At this time, spouses/partners and dependents are not eligible for the Noom program through the PAISBOA Health Benefit Trust.

## Is there a time commitment for Noom? How long is the Noom Weight program available?

You get to choose! On average, the daily time commitment for Noom is approximately 10 minutes a day. Members can engage with the program for as long as the PAISBOA Health Benefit Trust has an active contract with Noom.

## How much will Noom cost me?

Noom Weight membership is sponsored by the PAISBOA Health Benefit Trust and is available to you **at no cost**. Employees eligible for the self-pay GLP-1Rx Program receive a 10% discount for clinical care, as well as non-branded GLP-1s and oral anti-obesity medications (AOMs) through Noom. Brand name GLP-1 medications are not eligible for a discount.

## What medications are offered?

The GLP-1Rx Program offers a variety of weight loss medications from Metformin to compounded and brand name GLP-1s, including Zepbound and Wegovy. If eligible, a clinician will work with you to determine and prescribe the best medication for each member's needs.

## How much weight will I lose?

Each weight loss journey is personal and unique, so the amount of weight and time varies per person. We do see that users who engage more with the app lose more weight. On average, Noom users lose 15lbs in 16 weeks, and nearly half of those who lose weight kept it off for one year.<sup>1 2</sup>

## What topics can I discuss with my 1:1 coach?

Your Noom coach is there to support you. You can message your coach anytime, anywhere and chat asynchronously with them about a variety of topics, such as your eating and exercise habits, new ways to introduce health and wellness in your life, goal setting and staying motivated, and any other questions you have during your Noom journey. Engaging with a 1:1 coach is optional, and you can still ask questions and get responses in the chat if you do not have a 1:1 coach.

## What if I already have a paid Noom subscription?

If you are already subscribed to a Noom program and would like to enroll in the PAISBOA Health Benefit-sponsored program, please email [partnersupport@noom.com](mailto:partnersupport@noom.com) with your full name, date of birth, and existing account email.

## If I am no longer employed with a PAISBOA Health Benefit Trust member school, what happens to my access to Noom?

If you are no longer employed, you will be unenrolled from your sponsored Noom account. You will have access to the free version of Noom and can choose to purchase an upgraded plan on your own.

## What mobile devices are compatible with Noom?

Android or iOS smartphone running at least Android version 6 or iOS 10.3.3 (iPhone 5s, or newer). Noom also recommends having at least 600MB of free space. Noom will run on with limited functionality on tablets (Android tablets/iPads), Kindle Fire tablets are not supported.

## Can I integrate my fitness wearable or other devices with Noom?

Noom integrates with major health apps and wearable devices, like Fitbit, Garmin, Apple watch. A full list of syncable apps and devices can be found here: <https://www.noom.com/support/faqs/question-topics/sync-apps-devices/>

Join now at no cost to you  
at [go.noom.com/phbtrust](https://go.noom.com/phbtrust)

Noom starts on 11/3/25!

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<sup>1</sup> Based on first time users who remained active in the program for a full 16 weeks. <sup>2</sup> Based on a survey of 208 Noomers that had lost at least 10% of their body weight on Noom and maintained at least 10% lost for 12 months. Noom results involve maintaining a healthy diet and exercise changes. Individual results may vary.