

Noom

The Workforce Well-Being Team is proud to offer Noom as a free well-being benefit!

Noom uses the latest in psychology and behavioral science to empower people with the knowledge and skills they need to live healthier lives 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 practice 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.

Interested in Noom? Fill out this interest form now. [Click here](#) or scan the QR code below. We have limited licenses and Noom will go to the first eligible employees that submit interest forms. Those that do not receive a licence will be put on a waitlist for the next cohort.

If you have any questions, contact the Well-Being Team at wellbeing@texaschildrens.org

