

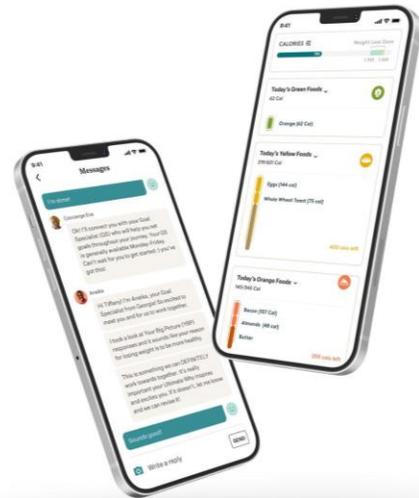


## We're proud to offer Noom as a free employee benefit.

With Noom, you'll have the support, motivation, and guidance you need to make small changes every day to build good habits, reach your health goals, and maintain a healthy weight.

Everything you need is at your fingertips in the Noom app:

- **Personal coaching** to guide you on your wellness journey.
- **Clinical care\*** and **medication support** (if you qualify).
- **Peer groups** to connect you to Noomers working toward similar goals.
- **Bite-sized lessons** that help you understand your relationship with food.
- **Digital tools** to keep you on track.



### Get Started with Noom

1. Scan the QR code—or check your work inbox for a welcome email from Noom.
2. Create your Noom account.
3. Answer a few questions about your health and lifestyle to help Noom personalize a program just for you.
4. Download the Noom app—and you're all set!



Lastly, you can rest assured that no one at AMIkids will have access to who is using Noom's services or to the conversations between you, your coach, and your clinician.

Let's get Noomin'!

\*Noom Med clinical care is only available to team members enrolled in an AMIkids medical plan. Noom Weight however is available to ALL team members (FT, PT and OPT).