

More joy. Less stress.

Noom Mood delivers a highly structured program that provides the insight, education and skill development to help individuals understand the “why” behind their stress—so they know how to manage it today, tomorrow, and for years to come.

Peace of mind for your total population.

STRUCTURED, PSYCHOLOGY-BASED GUIDANCE

Every person’s journey is unique. That’s why our guided curriculum allows users (we like to call them Noomers) to navigate at their own pace.

PERSONAL COACHING

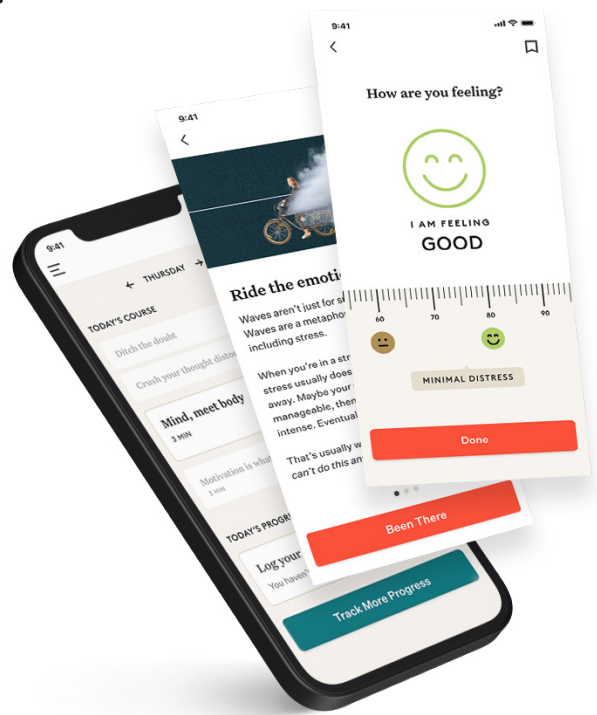
Every member is assigned a certified personal coach as an added layer of support, offering direction and encouragement along the way, based on level of need.

PROGRAM INTEGRATION/ESCALATION

Noom can easily support referrals to your existing EAP programs and covered benefits, as well as escalate acute cases, when identified.

TRACKING FOR SUCCESS

Daily mood logging and connection to activity trackers helps reinforce accountability and positive reinforcement.



36%

Decrease in anxiety after 4 weeks

33%

Decrease in depressed mood after 4 weeks (PHQ-8)*

55%

Of users said Mood helped improve productivity & burnout at work

REQUEST A DEMO



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