

Two programs. One healthier path. Noom Diabetes Prevention & Noom Diabetes Lifestyle

Support for preventing or managing type 2 diabetes.



Noom Diabetes Prevention Program

With Noom DPP, you get:

- CDC-approved lifestyle curriculum proven to help prevent or delay type 2 diabetes.
- Bite-size daily lessons that explain the “why” behind food, habits, and behavior.
- Smart tools like food and activity tracking to support real-life choices.
- One-on-one support from a certified diabetes prevention coach.
- A supportive peer community for encouragement and accountability.



Noom Diabetes Lifestyle

With Noom Diabetes Lifestyle, you get:

- Daily bite-size lessons that help you overcome challenges and promote healthy living with type 2 diabetes.
- Smart tools, including AI-powered blood glucose forecasting, to help you see how food choices impact blood sugar levels and make meaningful changes.
- A bluetooth-enabled blood glucose monitor and testing supplies to help track your blood glucose levels, if needed.
- One-on-one support from a diabetes-trained coach who helps you make lifestyle changes to control your condition.
- Peer community for advice and encouragement to live healthy with type 2 diabetes.

Scan the QR code to check your eligibility and get started today.





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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.