

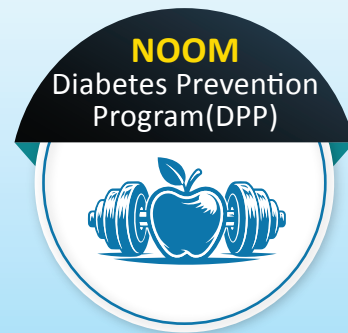
JOIN THE U.S. NAVY'S NOOM DIGITAL HEALTH PROGRAM

Today and Ensure You are Fit to Fight!

Build a healthier you and support your personal readiness with help from Noom. Whether you are looking to manage your weight, dial in your nutrition, lower stress, or maintain a healthy lifestyle the Navy Noom program has something for you.

What is the Navy's Noom Program?

As a part of the Total Sailor Fit to Fight initiative the Navy is offering access to Noom Weight, Noom Mood, and Noom DPP at **NO COST TO YOU**. Noom is a science-backed wellness tool that provides personalized coaching and guidance along with 1,000+ fitness videos, meditations, recipes, mental wellness modules, and more.



Who is eligible for this FREE PROGRAM:

Active and Reserve Component Sailors who:

- ✓ Did not meet the assessment criteria for the Body Composition Assessment (BCA) or Physical Readiness Test (PRT) during the CY2025 Physical Fitness Assessment, **OR**
- ✓ Are in a "Pregnancy" non-participation status (e.g. pregnant or post-pregnancy/postpartum) during Cycle 1-2025.

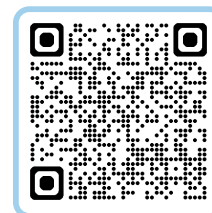
Your Enrollment and participation is 100% voluntary. Participation does satisfy the nutritional education program requirement for the Fitness Enhancement Program.



Your personal data is kept private; Noom will not share your personally identifiable information.

How to Enroll:

- 1** Visit the **Noom Portal:**
go.noom.com/usnavy (all lower-case)
- 2** Fill out the registration with your personal details including full name, date of birth and DoD ID.
- 3** **Get started!** Upon registering you will be granted access to Noom's platform from
1 February 2026 to 31 January 2027.



**SCAN
ME!** 



Email questions to:
noompilot@us.navy.mil