

# JOIN THE U.S. NAVY'S DIGITAL HEALTH PROGRAM TODAY

## Ensure you are Fit to Fight

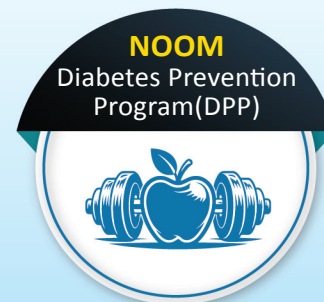
NOOM |  AMERICA'S NAVY

**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.

AUGUST 2026

## 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 Body Composition Assessment (BCA) or Physical Readiness Test (PRT) standards during the CY25/CY26-1 PFA cycles, OR
- ✓ Are in a "Pregnancy" non-participation status (e.g. pregnant or postpartum) during CY25/CY26-1 PFA cycles.

#### READY TO ENROLL?

Visit the Noom Portal: [go.noom.com/usnavy](https://go.noom.com/usnavy)

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.

NEW  
UPDATE

## Why choose NOOM?



#### Real human health coaching:

A dedicated, 1:1 health coach who supports you and help you reach your goals.



#### Psychology-backed lessons:

Short daily lessons that change how you think about food, habits, and movement.



#### Mind and body support:

1,000+ fitness videos, meditations, healthy recipes, and mindfulness exercises.



#### Habit tracking and food logging tools:

Forecast your glucose response before you eat, log a meal with the snap of a photo, start a challenge to build new habits, and more.



SCAN  
ME! 



Email questions to: [noompilot@us.navy.mil](mailto:noompilot@us.navy.mil)