

NAVY NOOM WEIGHT-LOSS PROGRAM

POC: Innovation and Future Capabilities Office, noompilot@us.navy.mil

AUGUST 2026

The Navy is committed to the health of our Sailors, and continues to offer access to the commercial weight-loss program **Noom**.

Eligibility for this FREE PROGRAM includes the following:

- ✓ Active and Reserve Component (AC/RC) Sailors who were not within standards for the Body Composition Assessment (BCA) or the Physical Readiness Test (PRT) during CY25 and CY26-1 PFA cycles.
- ✓ Pregnant and Post-partum Sailors.^{1, 2}

WHO NEEDS TO KNOW?



All Active and
Reserve Component
(AC/RC) Sailors



Command
Triads



Command Fitness Leaders and
Assistant Command Fitness Leaders
(CFL/ACFLs)

WHAT YOU NEED TO KNOW – KEY POINTS

Noom is a digital program that uses psychology, technology, and 1:1 coaching to help individuals reach their health and weight loss goals. Noom helps build change through science-based micro-habits to support weight-loss, improve nutrition, lower stress or simply maintain a healthy lifestyle.

Enrollment in Noom for all eligible participants is strictly voluntary.

- 1 Sailor's BCA/PRT scores must have been entered into PRIMS to confirm eligibility.
- 2 Eligible Sailors who enroll in Noom will have access to the program until 31 January 27.
- 3 Personal Identifiable Information provided by Sailors while participating in Noom will not be shared with the Navy.

ENROLL NOW

The Navy's **customized registration link** can be accessed at
go.noom.com/usnavy
(all lower case letters)

The employee ID is your DoDID number.

1 Ref: 10 USC §701 (effective Dec 2024), Subparagraph (k)
2 Ref: SECNAVINST 1000.10 (series) and OPNAVINST 6000.1 (series)



NAVY NOOM WEIGHT-LOSS PROGRAM

FREQUENTLY ASKED QUESTIONS

Q. What is Noom?

A. Noom is a weight-loss platform that integrates psychology, technology, and coaching to help individuals build healthier eating habits and achieve sustainable weight loss. Noom's curriculum focuses not just on what you eat, but why. By targeting long-term habits and mindset, Noom offers daily lessons, a color-coded food system, and personalized support. For more information, watch the [Noom video](#)

Q. How long will an eligible Sailor have access to the Noom?

A. Eligible Sailors will have access from the time of registration until 31 January 2027.

Q. Is participation in Noom required if I failed the BCA/PRT?

A. No. Participation in Noom is strictly voluntary.

Q. What registration information is required for eligible Sailors to participate in Noom?

A. An eligible Sailor will need to provide their First Name, Last Name, and DoDID at go.noom.com/usnavy (all lower-case letters).

Q. While registering for Noom, I was asked to provide payment for the program. Is this correct?

A. No. The Navy's customized registration link is go.noom.com/usnavy (all lower-case letters).

Q. I am eligible to participate in the Noom offering. However, program registration is unsuccessful when I provide my personal information.

A. Entries are case sensitive. Verify that the information you provide follows the First Name, Last Name, and DOD ID format provided. For further enrollment questions, contact partnersupport@noom.com.

Q. Who do I contact for technical issues with the Noom program?

A. Noom support is available at partnersupport@noom.com

Q. What personal identifiable information provided within the Noom program by participants will be shared to Navy?

A. None. Noom will not provide the Navy with individual sailor information. Noom will provide the Navy with reports of aggregate data.

Q. Does the Noom offering also include the use of GLP-1 or other anti-obesity medication?

A. No. The Navy program does not cover the cost of GLP-1 or other anti-obesity medications.

Q. I passed my BCA/PRT? Can I still participate in the Noom program?

A. No.

Q. Does Noom count for participation in a nutritional education program for the Fitness Enhancement Program.

A. Yes. Noom will count for participation in a nutritional education program. Eligible Sailors who use Noom should inform their Command Fitness Leader (CFL).