HIGHMARK

Noom Diabetes Prevention Program

available through Noom: Weight Management

Achieve sustainable weight loss, make healthier habits, and reduce diabetes risk — all backed by science.

Did you know that 8 in 10 U.S. adults do not know that they are living with prediabetes?[1]

Find out if you're one of them.

- Noom Diabetes Prevention Program (DPP) **is part of your preventive schedule and available to you at no additional cost.**
- Noom DPP is designed for adults with prediabetes or those at risk for type 2 diabetes.

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.

How do you access Noom DPP?

- **Noom DPP** is accessed through the **Noom: Weight Management** experience.
- If you are clinically eligible, you will be enrolled specifically into **Noom DPP.***

Getting Started Is Easy

1. Download the My Highmark app or visit MyHighmark.com.
2. Go to Benefits – Additional Benefits.
3. Select Noom: Weight Management.
4. Determine your clinical eligibility through a short assessment to begin your Noom DPP journey.

[1] *Center for Disease Control and Prevention (2026) National Diabetes Statistics Report. Available at https://gis.cdc.gov/grasp/diabetes/diabetesatlas-statsreport.html*

**Participation is subject to eligibility and meeting clinical requirements.*

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请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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.

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