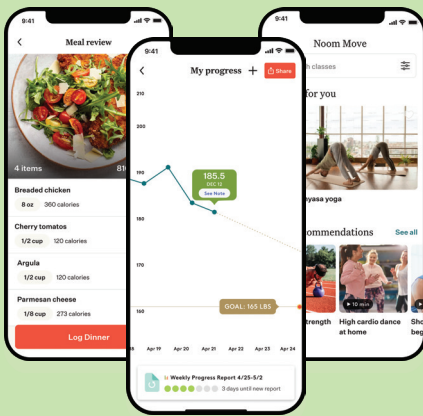


**NOOM**

**VIRGINIA BANKERS  
ASSOCIATION**  
Benefits Corporation

# Lose weight and live healthier— for good.

Did you know? Noom's award-winning program is available at **no cost to you**. Noom uses psychology, technology, and 1:1 coaching to help you lose weight and reach your health goals.



Whether you're looking to lose weight or maintain a healthy lifestyle—**Noom is for you**. With Noom, you get:

- ◆ **1:1 coaching** with health and wellness professionals for guidance and encouragement throughout your journey.
- ◆ **Personalized lesson plans** backed by psychology, designed to change your relationship with food.
- ◆ **Holistic well-being support** with 1000+ fitness videos, meditations, recipes, and more!
- ◆ **Real results:** Noomers lose an average of 10lbs in 10 weeks.\*

Noom will place you in the program that best meets your individual needs and create a customized plan for you.

**NOOM WEIGHT:** Our flagship behavior-change program that helps you build healthy habits for long-term weight loss.

Join now at no cost to you at  
[go.noom.com/virginiabankersassociation](https://go.noom.com/virginiabankersassociation)

**OR SCAN HERE  
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\*Based on 3.5 year study of actively engaged Noom users.