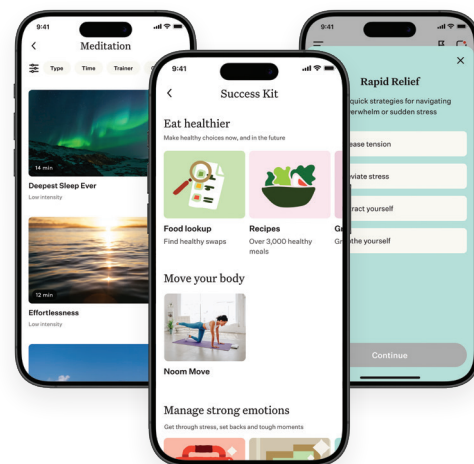


# Mental wellness support at every step.

Noom takes a holistic approach to health. That's why your complimentary Noom membership offers more than just weight loss support—you also have access to Success Kit, a feature that helps you tackle in-the-moment mental wellness challenges.

Success Kit offers tools to:

- **RECHARGE:** Create Space helps you carve out time to do what you love.
- **NAVIGATE STRESS:** Rapid Relief shares quick activities for navigating overwhelm.
- **CHANGE NEGATIVE THINKING PATTERNS:** Reframe provides guided exercises to challenge unhelpful thoughts and poor self-talk.
- **MANAGE DIFFICULT EMOTIONS:** Ride the Wave supports you with science-backed techniques to navigate challenging emotions or urges.
- **RELAX AND REFOCUS:** Video meditations, including easy meditations that take 5 minutes or less, help you feel calmer and focused.



Your Noom plan further supports your well-being with:



Award winning, psychology-based behavior change programming that helps you build healthy habits that last.



Bite-sized, personalized lessons that easily fit into your schedule.



1:1 coaching, peer support, and digital tools to keep you on track.

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

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