



NOOM MOOD

A more accessible approach to stress management.

Employees who feel better do better at work. Less stress means more focus, higher productivity, and fewer days away from work. Noom Mood is an always-on program that works on an individual level to help employees manage stress and reduce anxious feelings.

NOOM WORKS FOR MENTAL WELLNESS SUPPORT

Built on psychology and science, Noom Mood is a personalized digital program that provides the insight, education, and skills to help employees understand the “why” behind their stress so they can better manage it.

- Structured, guided curriculum tailored to each employee user’s journey.
- Dedicated coach provides direction and encouragement along the way via chat or video.
- Daily mood tracking to support positive reinforcement.
- Step-counting and activity tracker to connect mind with body.

Noom Mood can be easily integrated into your existing benefits package as a single offering or as part of the Noom for Work benefits program, which also includes Noom Weight (to maintain a healthy weight) and our Diabetes Prevention Program.

Bring more peace of mind to the workplace.



25%
employee adoption¹

48%
decrease in days missed at work
after 16 weeks.²

36%
decrease in anxious feelings after
4 weeks³

33%
decrease in depressed feelings
after 4 weeks³



Let's talk about changing health benefits for good.

SCAN TO LEARN MORE.

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¹ Noom Internal Client Data

² Internal efficacy study from April 2022-May 2023.

³ Feasibility, Acceptability, and Preliminary Outcomes of a Cognitive Behavioral Therapy–Based Mobile Mental Well-Being Program (Noom Mood): Single-Arm Prospective Cohort Study (2022)

NOOM FOR WORK