Reach your weight goals with support that fits your life

Anthem Weight Management Program

What are the benefits of this program?

Whether you're looking to lose weight or build healthier habits, the Anthem Weight Management Program, boosted by Noom, can help you take manageable steps toward your goals, at no extra cost to you.

Access it anytime from your smartphone or tablet, so support is there when and where you need it.

Small changes can add up to lasting progress

Build healthier habits
Learn what drives your choices with lessons designed to help you make changes that last.

Get personalized support
Get guidance and encouragement to help you stay motivated and moving toward your individual goals.

Make healthy eating easier
Track meals and explore simple tools that help you make informed food choices.

Stay active and support your well-being
Explore fitness, mindfulness, and wellness resources you can use day to day.

See your progress
You will receive a connected scale that syncs with the Noom app for easy tracking.

GLP-1 medication support

If you're currently on a GLP-1 medication for weight loss, you must enroll in this program to continue to receive your medication. The Noom app offers guidance on common medication-related experiences and side effects. If you'd like to enroll in this program, please use the Sydney app or enroll here http://go.noom.com/carelonrxanthembcbs. You will also receive a communication from Noom to help you get started.

Your goals. Your pace. Your program.

There's no extra cost to participate, and you can access the program when it works for you. Even a few minutes at a time can help you build healthier habits.

Ready to get started or continue?

To enroll in this program, please use the Sydney app or go here http://go.noom.com/carelonrxanthembcbs You will also receive a communication from Noom to help you get started.

Program availability and features may vary. Eligibility requirements may apply. Supported by Noom. 9.9.2026
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