



2026 WAYS TO EARN

CASTLIGHT ACTIVITY	ACTIVITY DESCRIPTION	POINTS ALLOCATION	EARNING FREQUENCY
Welcome Points	Register	250 points	Once per Lifetime
	Get the Mobile App	100 points	Once per Lifetime
Annual Physical*	Complete your Annual Physical	1000 points	Yearly
LivingWell Webinars - Self Attest	Attend a LivingWell webinar or view the recording	5 points	Quarterly
Preventive Visit*	Complete any one of the following exams and earn points - Breast, Prostate, Skin, Colon Cancer, Well Woman, or Bone Density	500 points	Yearly
Anthem Dental Visit*	Complete your dental screening	100 points	Yearly
Dental Visit - Self Attest **	Attest to completing your annual dental visit	100 points	Yearly
Hinge Health*	Complete Clinical Screener	100 points	Yearly
	Watch Hinge Health Video	50 points	

Other Ways to Earn

- Explore and earn
 - Understand your plan
 - See your claims
 - Search for care
 - Rate a doctor
 - Build a care team
- Get Active - Steps Tracking
- Flu shot - attestation
- Donate Blood
- Eat Smart - Nutrition Tracking
- Refer for Rewards
- Healthy Habits
- KEAP Webinars
- Deferred Comp Webinars
- Learn about RethinkCare
- Sleep Well - Sleep Tracking

Ways to Earn are just a...



Scan Away

* Only members and medically enrolled spouses can earn

** Dental Visit Self-Attest is only required for those who waive health insurance coverage through KEHP; and those with dental coverage through a carrier other than Anthem.