


ENGAGEMENT ELIGIBILITY



LIVINGWELL PROMISE

(JANUARY 1 - JULY 1, 2025)

WHO?	All planholders who are enrolled in ANY medical plan through KEHP. Both spouses must complete if they have a cross-reference payment option.
WHAT?	Fulfill your LivingWell Promise by completing the Castlight health assessment. The health assessment only takes 10-15 minutes to complete and asks various health and lifestyle questions.
WHERE?	<p>The Health Assessment can be completed in the Castlight app or visit my castlight.com/mybenefits.</p> <p>You can also contact a Care Guide at 800-681-6758 to complete over the phone.</p> 
WHY?	By fulfilling the Promise, you earn up to a \$480 premium discount (\$40 a month) for plan year 2026. Most importantly, fulfill your Promise to learn about your health so you can be empowered to make or maintain healthy lifestyle changes, one small step at a time!

For questions and troubleshooting, please call your Castlight Care Guide at 800-681-6758 or email support@castlighthealth.com.



ENGAGEMENT REWARDS

(JANUARY 1 - DECEMBER 31, 2025)

WHO?	All planholders who are enrolled in ANY medical plan through KEHP and medically enrolled spouses.
WHAT?	Healthy activities - annual visit, preventive exams, tracking steps, and more!
WHERE?	Castlight app or visit mycastlight.com/mybenefits .
WHY?	<ul style="list-style-type: none"> • Medically enrolled employees may earn up to \$200 in digital gift cards and submit entries into sweepstakes to win prizes. • Medically enrolled spouses may earn up to \$100 in digital gift cards and submit entries into sweepstakes to win prizes. • 10 points = \$1 in rewards. • Most importantly - you are actively promoting healthy lifestyle changes!

QUARTERLY SWEEPSTAKES

(ENTRIES VALID IN THE 2025 QUARTER THEY ARE SUBMITTED)

WHO?	All KEHP members (including employees who waive health insurance), medically enrolled spouses, pre 65 retiree employees, pre 65 retiree spouses.
WHAT?	Amazon gift card, Target gift card, AirPods Pro, and more!
WHERE?	Castlight app or visit mycastlight.com/mybenefits .
WHY?	The chance to earn great prizes for making healthy choices!