

# How To Redeem Your *Living* > *Well* Engagement Rewards

- Login to Castlight on your desktop at [mycastlight.com/mybenefits](https://mycastlight.com/mybenefits) or on your mobile phone via the Castlight app.
- On the home screen, select “Point Balance,” this will take you to “Ways to Earn.”
- Select “Reward Center” tab to go to the Reward Center and redeem your rewards.
- Choose your gift card from the many options provided and click the Redeem box!

**SHOP NOW**



If you have a Customer Service-related need, you may contact your Castlight Care Guide at 800-681-6758 or email [support@castlighthealth.com](mailto:support@castlighthealth.com) for assistance.

***All 2025 Engagement rewards must be earned and redeemed no later than December 31, 2025. These rewards do not rollover and cannot be accessed after 12/31/25.***