

2025 WAYS TO EARN



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	

Explore Additional Ways to Earn on the Castlight Portal!

- 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



* 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.