

April 2024

THE KEHP COLUMN



Complete Your Health Assessment

KEHP members who fulfill their LivingWell Promise in 2024 will earn up to \$480 in premium discounts for the plan year 2025.

1. Download the Castlight App, go to mycastlight.com/mybenefits, or complete over the phone with a Castlight Care Guide.
2. From your home screen, visit the 'Rewards Center' and click 'Ways to Earn'.
3. Complete your Health Assessment by 7/1/2024.

The only way to fulfill the LivingWell Promise in 2024 will be to complete the Castlight Health Assessment by 7/1/2024.



[Logging into Castlight Guide](#)



Trailblazers Step Challenge

Who can participate? All KEHP employees (including waivers), medically enrolled spouses, pre 65 retiree employees, and pre 65 retiree spouses can participate in the Trailblazers Steps Challenge.

When does it start? Enrollment is open through April 30th. The challenge runs April 1st - 30th.

Get moving! Explore the Commit to Fitness Guide to expand your knowledge, challenge yourself, and continue momentum.



[Commit to Fitness Guide](#)

Healthy Ways to Cope With Stress

Stress can be reduced with activity. Review the Healthy Ways to Cope flyer to explore other tips.



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Earn 350 Castlight Welcome Points

1. Earn 250 points (once per lifetime) by registering with Castlight at mycastlight.com/mybenefits or via the Castlight Mobile App



2. Earn 100 points (once per lifetime) by downloading the Castlight Mobile App

Android



Apple



Anyone can earn 350 points and it only takes a few minutes!



Mood Boosting Foods

April is National Stress Awareness Month. Try these healthy food options that have been shown to help create a better mood:

- Fatty fish
- Dark chocolate
- Fermented foods
- Bananas
- Beans and lentils
- Oats
- Berries
- Nuts and seeds
- Coffee

Tip: If sensitive to caffeine, choose decaffeinated coffee.



[April National Health Observance Calendar](#)

Source: Healthline. 9 Healthy Foods That Lift Your Mood <https://www.healthline.com/nutrition/mood-food>. Accessed 03/10/2023

Connect with a Castlight Care Guide

Connect with trained expert who can help with everything from technical support and answering questions about your healthcare to helping you complete your Health Assessment over the phone. Conversations with Care Guides are private, secure, and provided at no cost.



Kentucky Employees' Health Plan

[LivingWell Calendar](#)



Castlight Care Guides are available Monday - Friday from 8am-9pm ET. Chat in the Castlight app, call 1-800-681-6758, or email support@castlighthealth.com.