



## LIVINGWELL PROMISE

Now is the time to complete your LivingWell Promise! To qualify to receive a health insurance premium discount in 2026, the LivingWell Promise must be completed between January 1 - July 1, 2025. Simply complete the Castlight Health Assessment at [mycastlight.com/mybenefits](https://mycastlight.com/mybenefits). It takes less than 10 minutes and asks various health and lifestyle questions.

By fulfilling the Promise, you earn up to a \$480 premium discount (\$40 a month) for plan year 2026.



## GET REWARDED WITH LIVINGWELL

The LivingWell program makes it easier to enjoy little moments that add up to greater health. Tools are available to help you find healthcare providers and connect you to programs that earn rewards. Review the [Ways To Earn](#) flyer to learn the various ways you and your eligible spouse can earn rewards through the LivingWell program.

LivingWell  
Webinars

Register now for the 2025 LivingWell webinars! Track your attendance in Castlight to earn up to 5 points per quarter. You can catch up by watching the recording if you miss a live session.

Please be advised that employees will be required to utilize accrued annual or compensatory leave for time spent participating in this activity that exceeds regular break or lunch periods.



## OUR HEALTHY KENTUCKY HOME

The Our Healthy Kentucky Home is a Team Kentucky initiative led by the Kentucky Department for Public Health to engage and inspire Kentuckians on a personal journey of achievable health and wellness improvements through increased physical activity, improved nutritional health, and decreased social isolation through targeted interventions. Explore the [Our Healthy Kentucky Home campaign website](#) to learn more.

The campaign focus for February is Disaster Preparedness. Visit the website to learn how you can prepare for disasters and unplanned disruptions, as well as how to protect yourself, your family, and your neighbors.

**HELP YOUR HEART IN 3 SIMPLE STEPS**

- EAT** Healthy Foods
- EXERCISE** Regularly
- ENGAGE** With Others

**TEAM KENTUCKY** | Our **HEALTHY KENTUCKY** Home

## SMALL CHANGES BIG RESULTS

This year let's focus on making small changes so we can see big results!

Start today by talking to your doctor and visiting [heart.org](http://heart.org) for information you need to maintain a healthy heart. Transform your wellness journey one small step at a time.



## CVS WEIGHT MANAGEMENT PROGRAM

Are you looking for weight management support? You may benefit from the CVS Weight Management program which provides customized nutrition planning and coaching support for lasting results. To learn more, call 800-706-9317 and speak with a clinician. Click [here](#) for more information regarding your 2025 benefits.