

Living Well Promise



As a policyholder in 2025, you are required to complete a health assessment

Policy holders earn a \$40 per month premium discount by completing the Living Well Promise prior to July 1, 2025. Failure to complete the assessment will result in a \$40 per month premium charged during the following (2026) Plan Year.




The Kentucky Employees Health Plan (KEHP) has partnered with Castlight for this process. The requirement is a short health assessment, which takes approximately 10 minutes to complete and asks various health and lifestyle questions. You can complete the health assessment from your desktop or by using a mobile app.

Below are some instructions to help with completing the 2025 Living Well Promise:

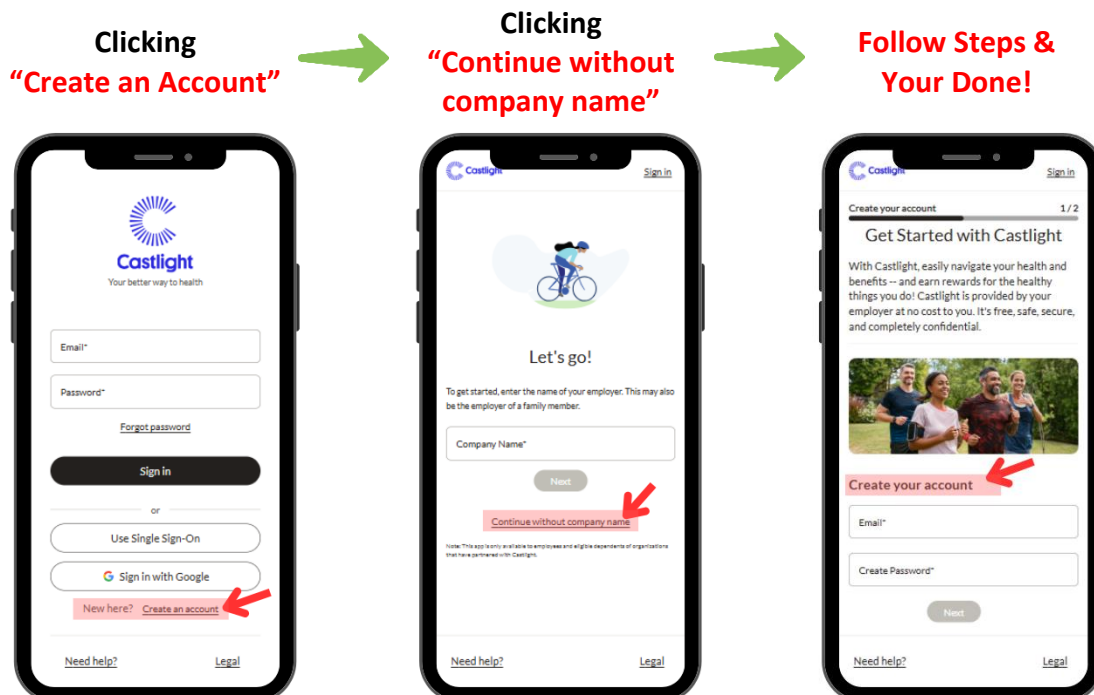
Step 1. Register for Castlight

Registration is required if you have not yet created an account, and policyholders should use the same email as provided to the Kentucky Employees Health Plan (KEHP). **If you have already registered and created a Castlight account, you can skip to Step 2.**

Below are links to the Castlight Website and or smart device applications:

 mycastlight.com/mybenefits	 Apple App Store	 Google Play Store
---	---	---

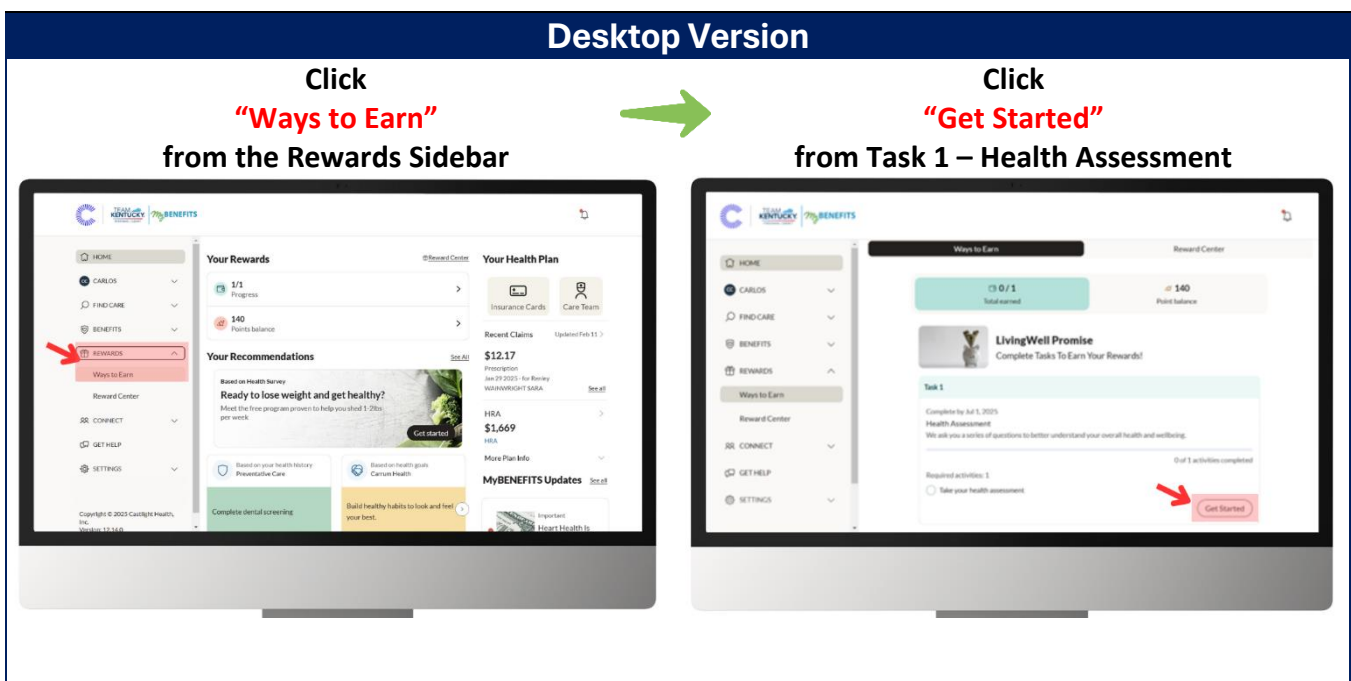
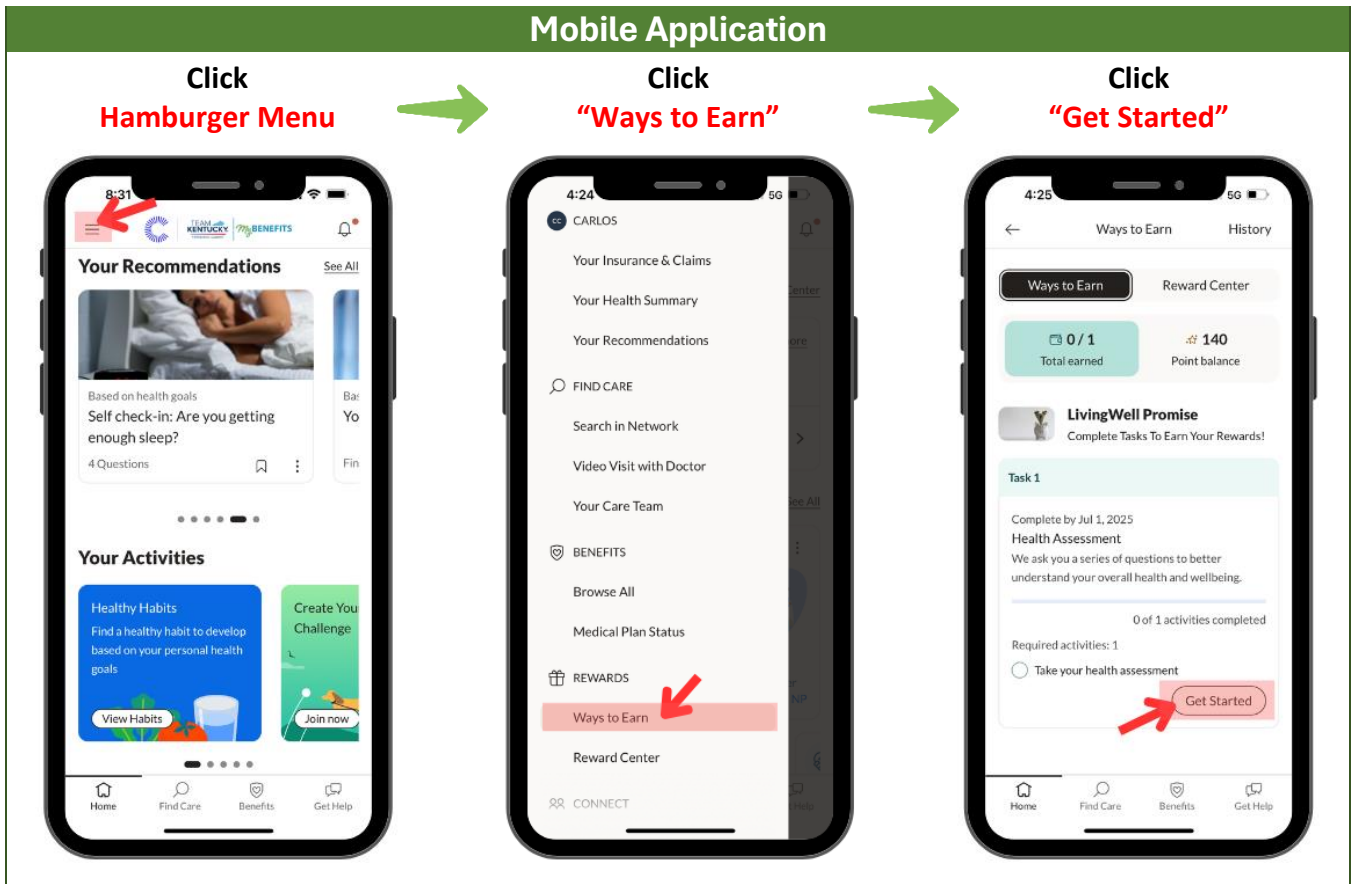
Once you have downloaded the application or reached the Castlight Website, you can create an account by:



Step 2. Complete the LivingWell Promise

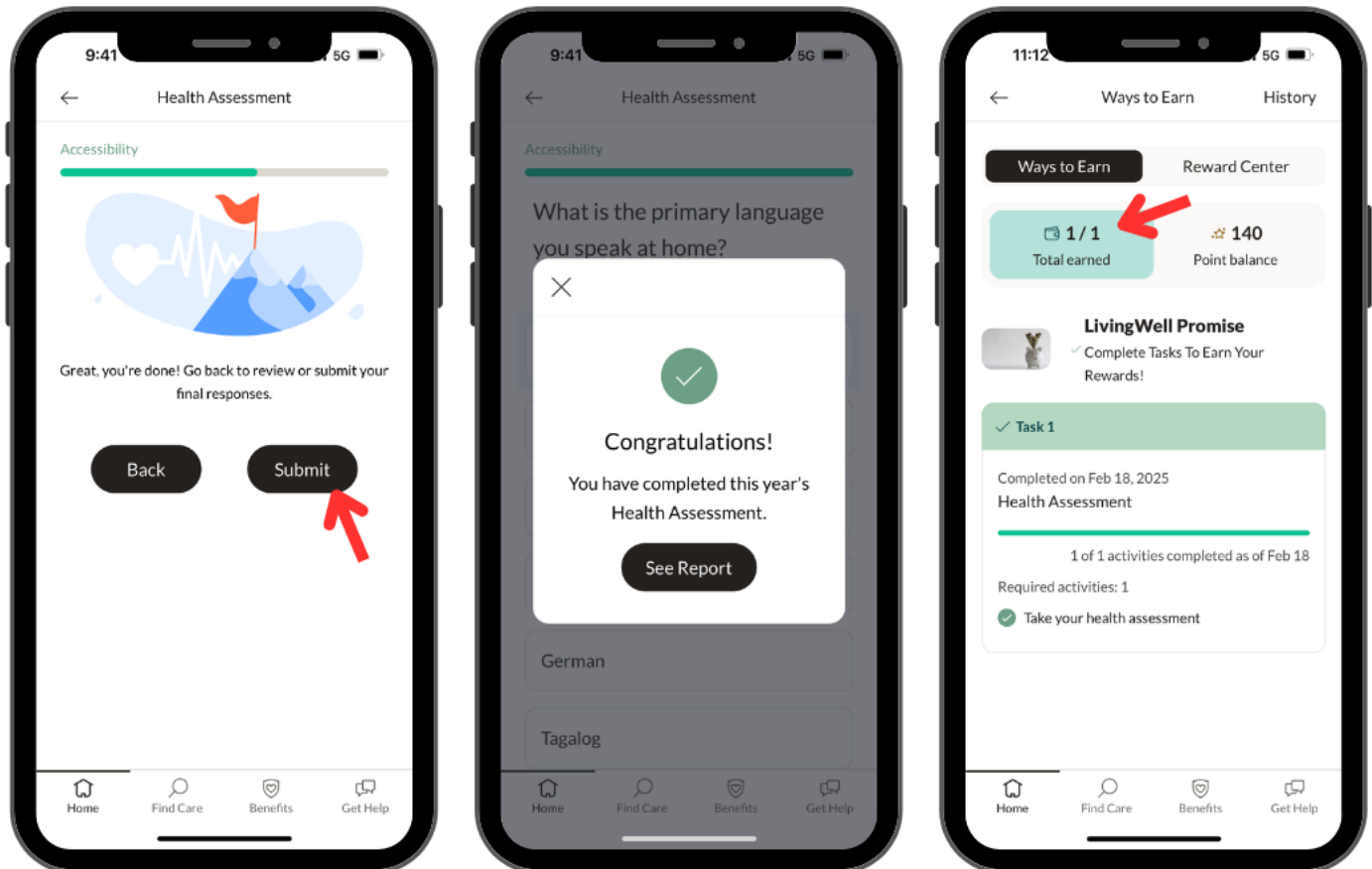
Once you have created your account, you can access the LivingWell Promise/Health Assessment by accessing the Rewards Center and selecting the “Ways to Earn” option.

Please find print screens from both the Castlight Mobile application and Desktop below:



The health assessment only takes 7-8 minutes to complete and asks a handful of health and lifestyle related questions.

Once finished with the series of questions, you will be asked to “Submit” your final responses. Once submitted, you should see a “Congratulations” alert. Lastly, if you return to the “Ways to Earn” page, the Health Assessment Task should be updated to reflect Completed.



Need More Help?

If you need assistance with creating your Castlight Account or completing the Health Assessment, you should call Castlight and speak with a Care Guide at 1-800-681-6751.