

Any retiree or beneficiary (who is a the named policyholder) of a LivingWell KHEP insurance policy is required to complete the LivingWell Promise, which is a short online health assessment no later than June 30 of each plan year. Failure to complete the assessment will result in a \$40 per month premium charged during the following Plan Year. Please note that ONLY the policy holder is required to complete this process. A covered spouse or dependent is not required.

The KEHP has partnered with Castlight to complete this process. The assessment, which takes approximately 10 minutes to complete and asks various health and lifestyle questions can ONLY be completed online via the Castlight Mobile app or their desktop website.

To help assist with this process, below are some instructions to help guide you through the process of completing the Living Well Promise:

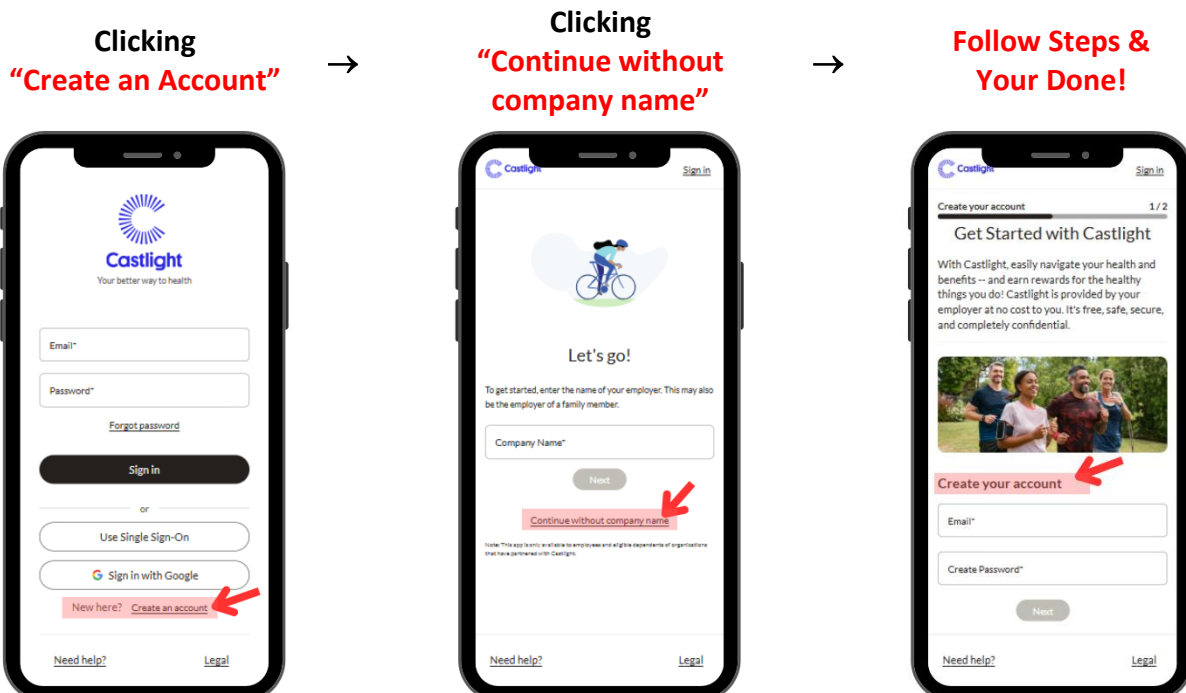
Step 1. Register for Castlight

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
---	---	---

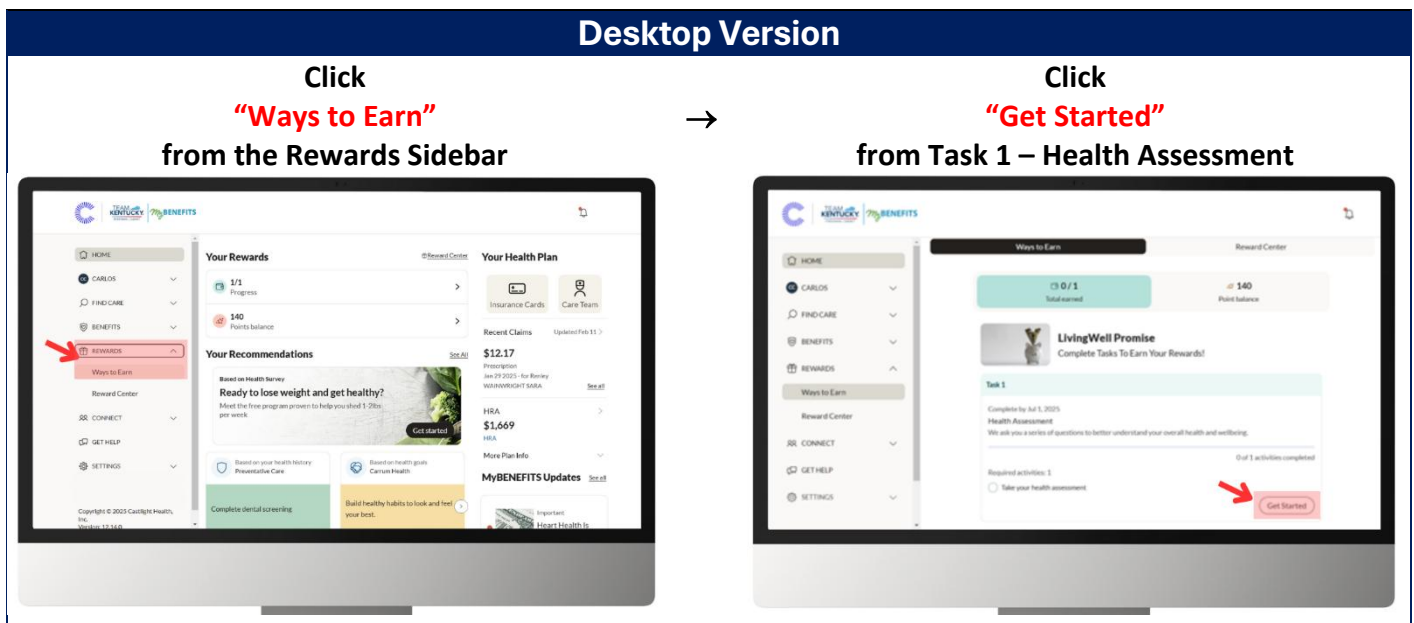
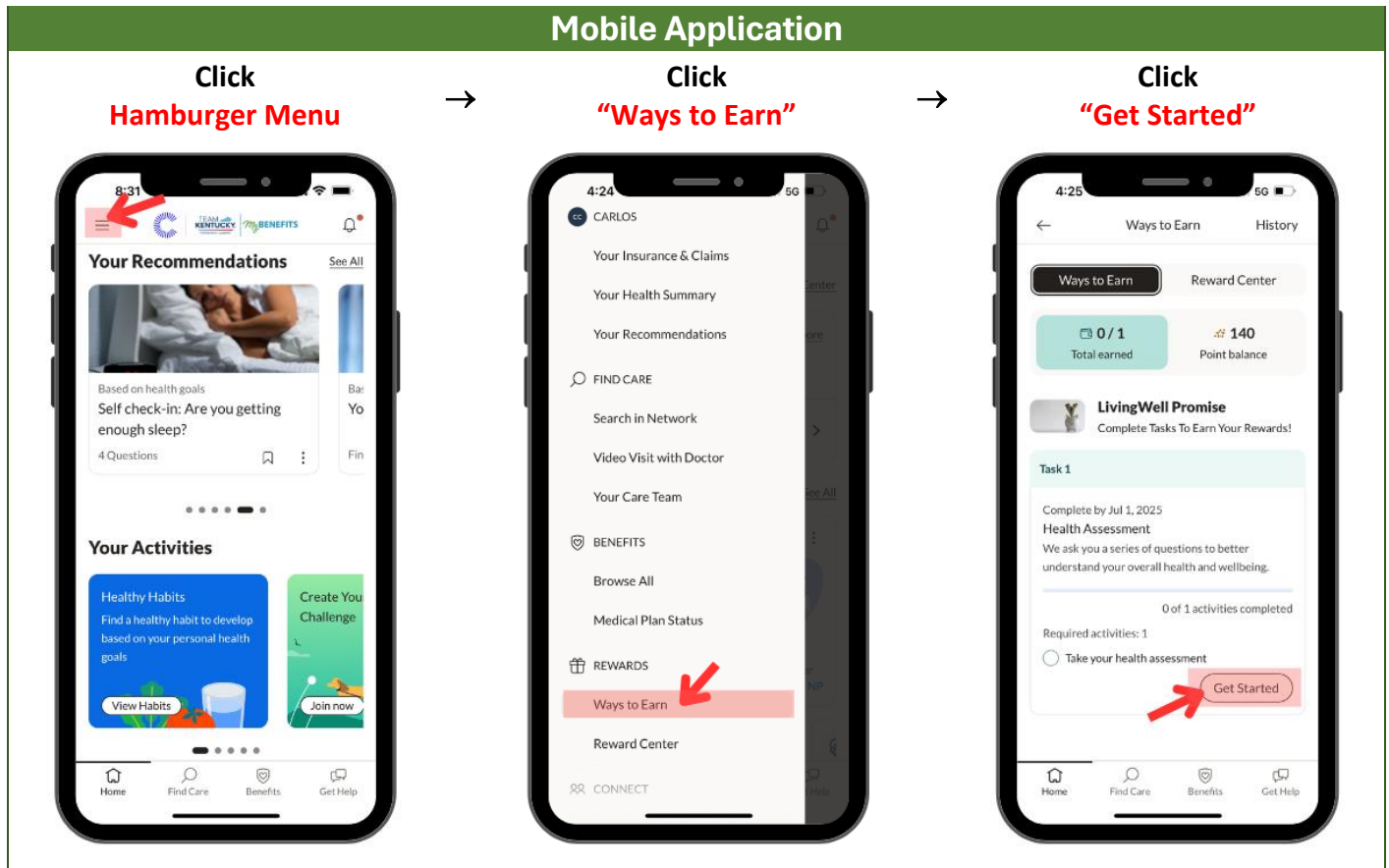
Once you have downloaded the application or reached the Castlight Website, you can create an account by:



Step 2. Complete the LivingWell Promise

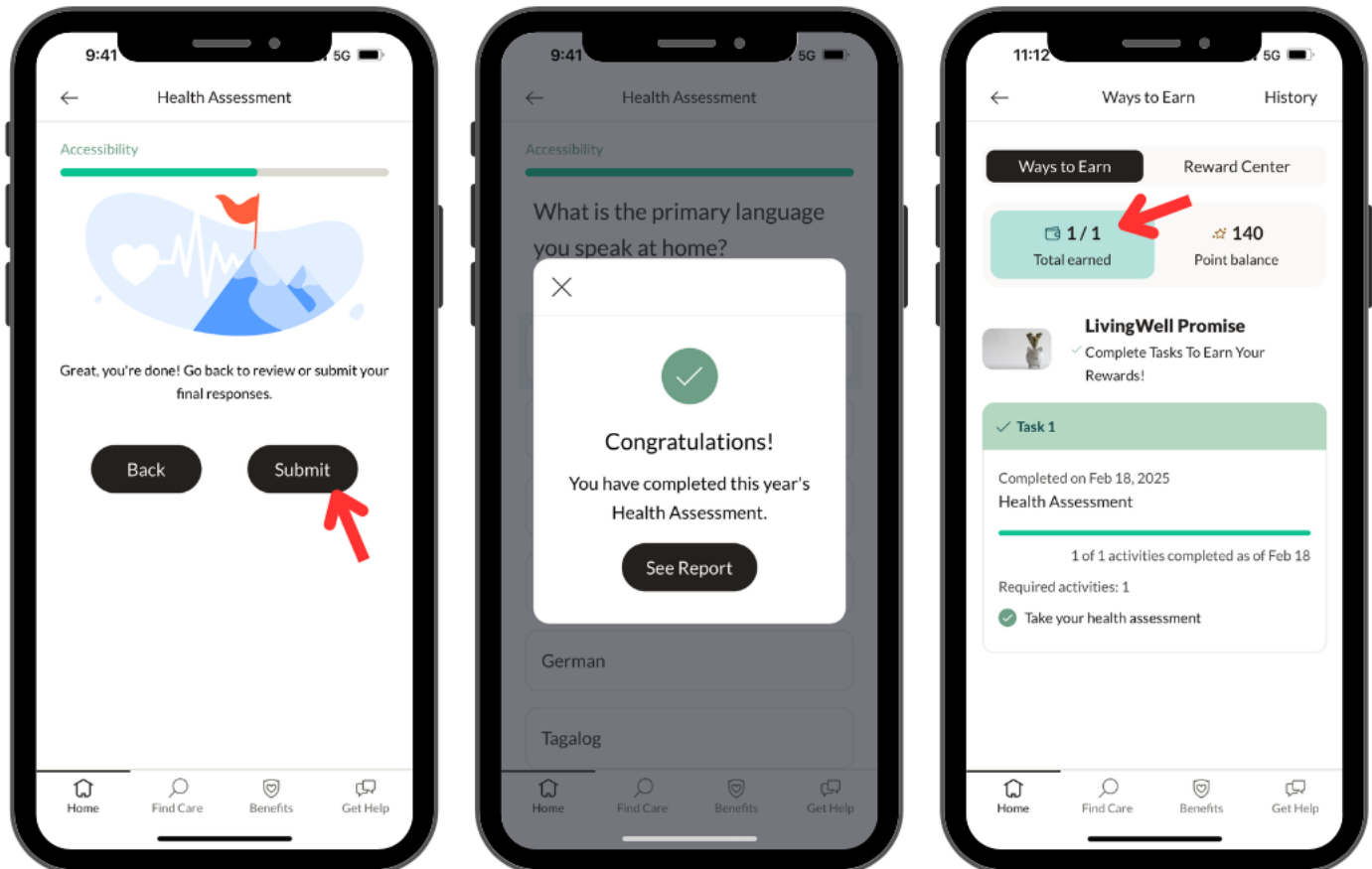
Once you have created your account, you can access the LivingWell Promise/Health Assessment by accessing the Rewards Center and selecting the “Ways to Earn” option.

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.