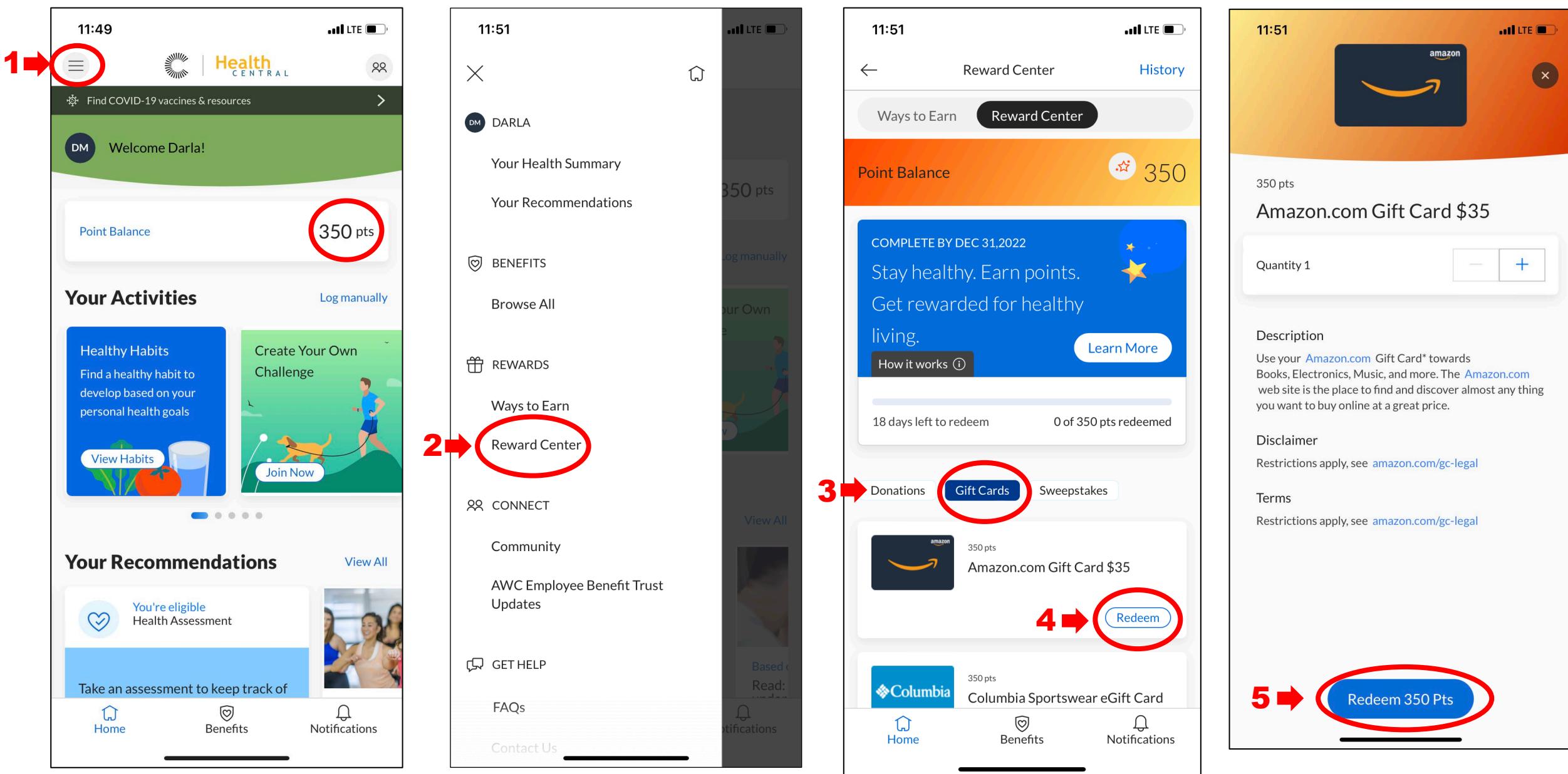
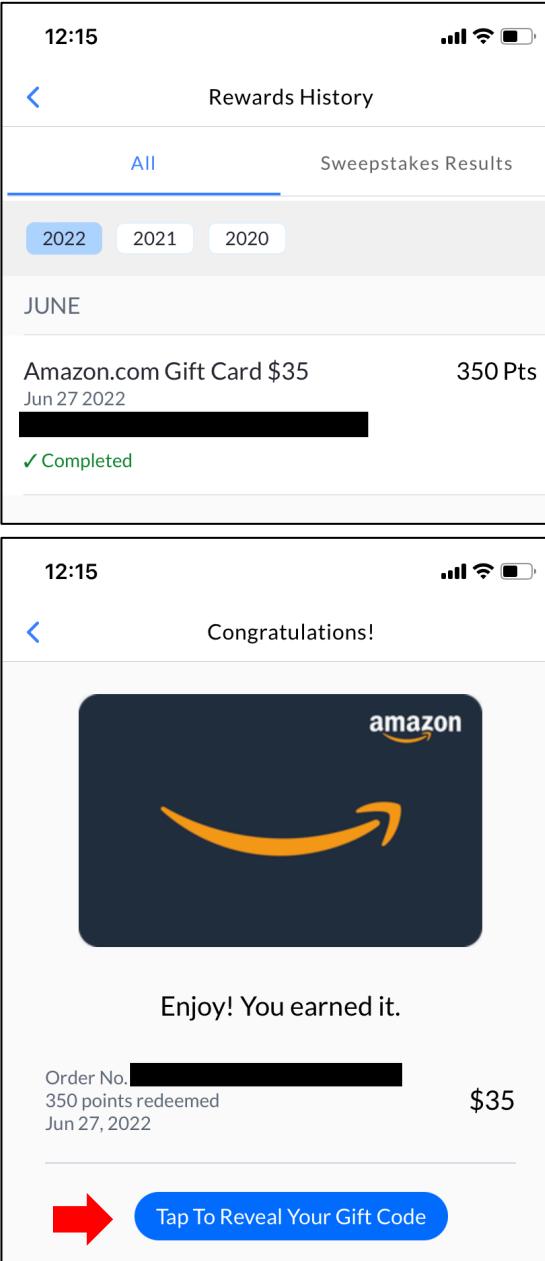
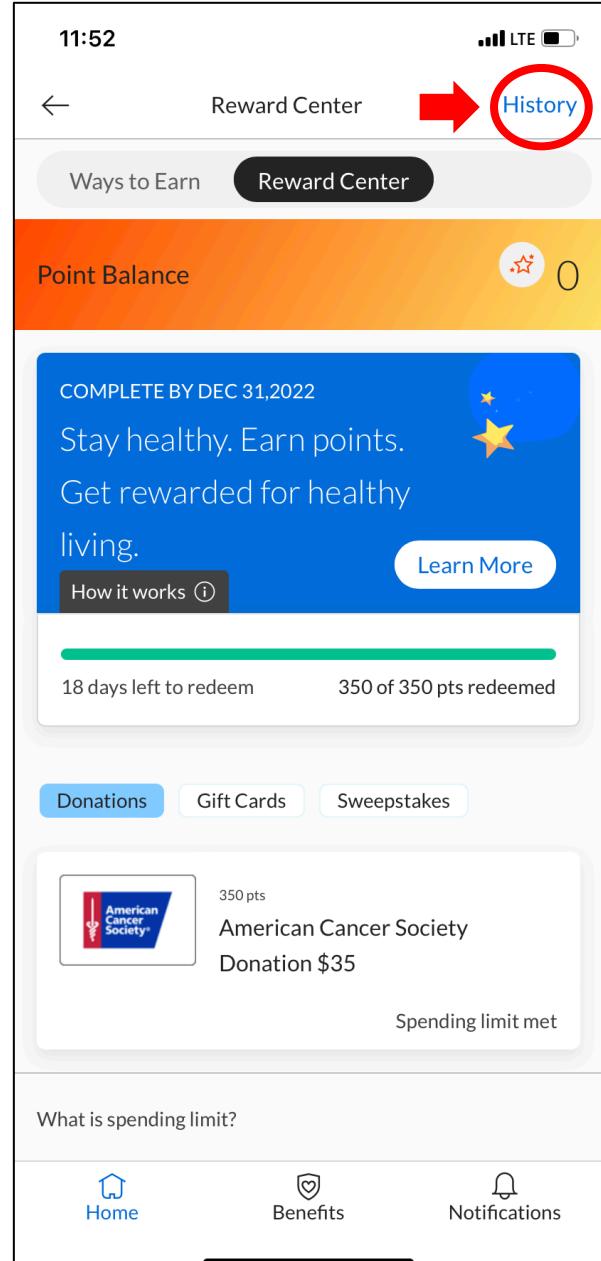
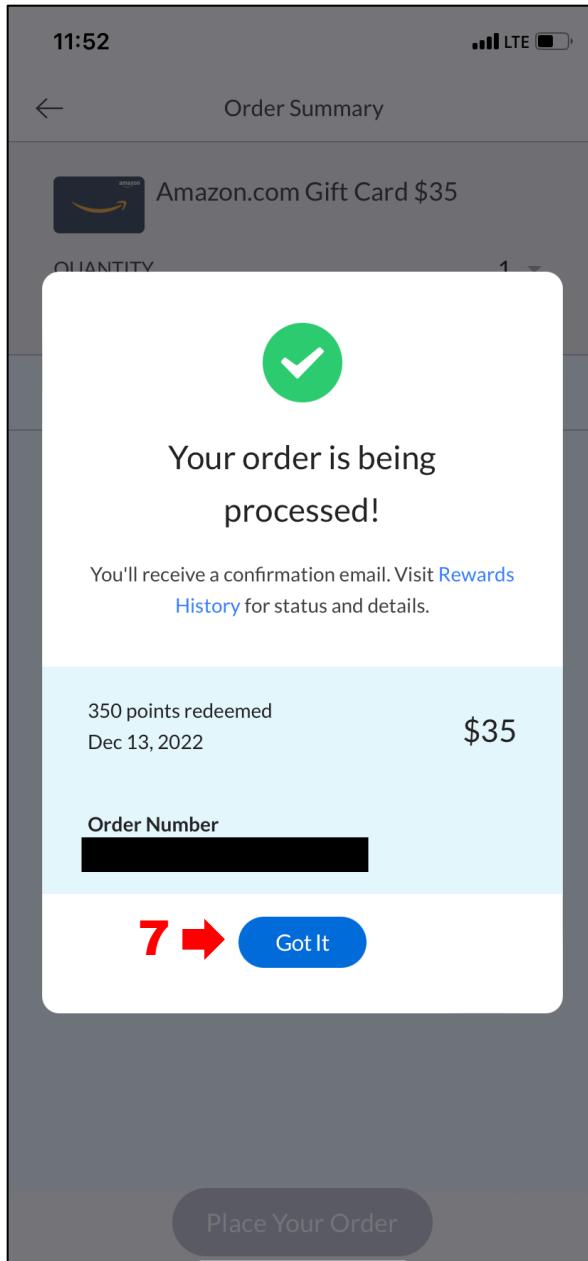
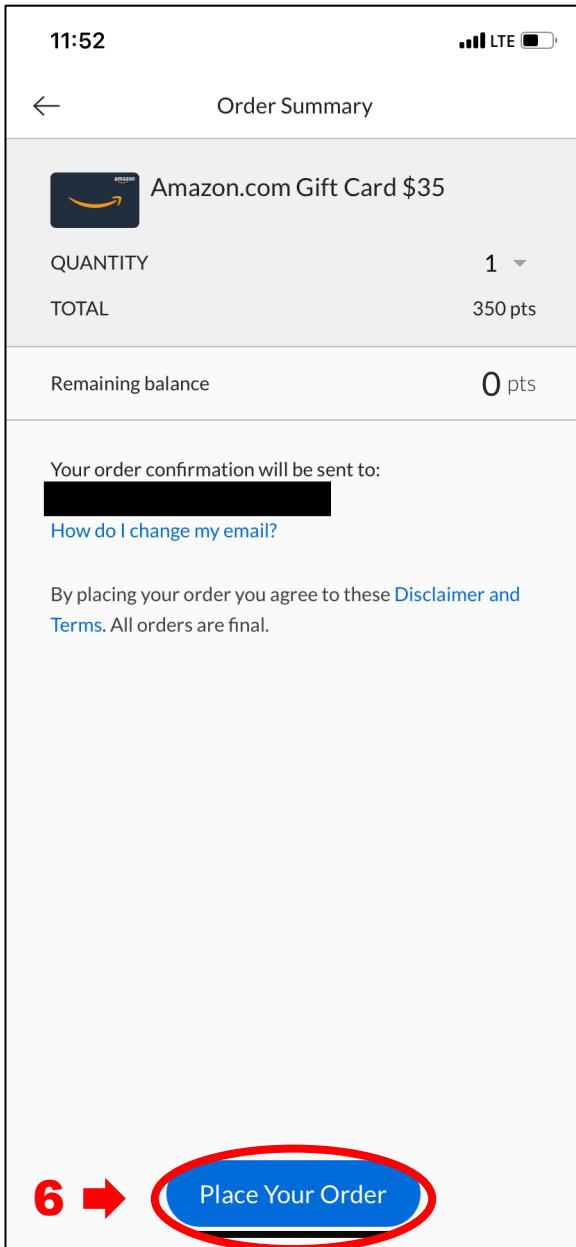


Castlight reward redemption



Castlight reward redemption



2025 Castlight points by activity

Action	Points	Limit
Vida Health Coaching	100	Once/year
	10	Once/week
	50	Once/month
	10	Once/week
Complete first coaching session		
Log a metric		
Complete a lesson		
Send a message		
Wondr	50	Once/year
	50	Once/year
	100	Once/year
	150	Once/year
Watch a video		
Enroll in a class		
Complete two sessions		
Complete eight sessions		
Step challenges	Up to 295 each	2/year
Steps tracking	5/day; 5k steps	
	7/day; 7k steps	
	10/day; 10k steps	Once/day
Food tracking	3/day; 800 calories	Once/day
Sleep tracking	2/day; 2 hours of sleep	Once/day

Action	Points	Limit
Health assessment	350	Once/year
AWC Trust		
Dependent verification video	50	Once/year
Health Central 101 video	50	Once/year
Planning for retirement video	50	Once/year
Hinge Health		
(Regence/Asuris members only)	50	Once/year
Watch a video		
ComPsych EAP		
Watch a video	50	Once/year
Self-care & emotional support		
(Kaiser members only)	50	Once/year
Watch self-care video		
Preventive care visits	100	Once/year
Attest to a health visit	100	Once/year
Attest to a dental exam	100	Once/year
Attest to an eye exam		
Health Decisions (six videos)	50 each, up to 300	Once/year
Healthy Habits	5/day, up to 35 per week	None