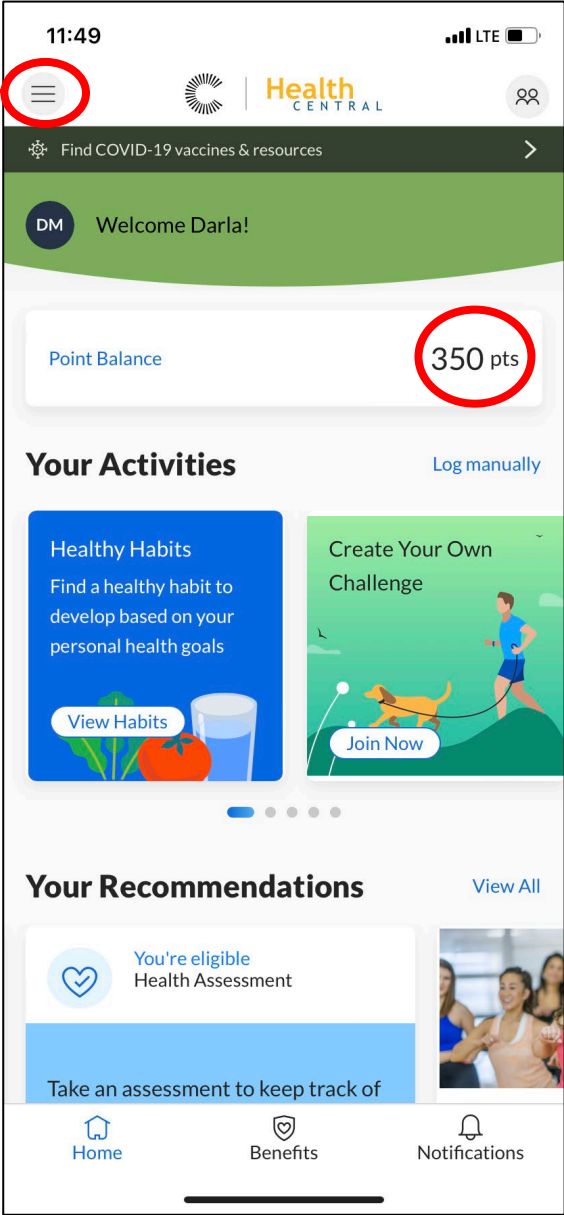


Castlight reward redemption

1 →



11:49

Find COVID-19 vaccines & resources

DM Welcome Darla!

Point Balance 350 pts

Your Activities Log manually

Healthy Habits Find a healthy habit to develop based on your personal health goals View Habits

Create Your Own Challenge Join Now

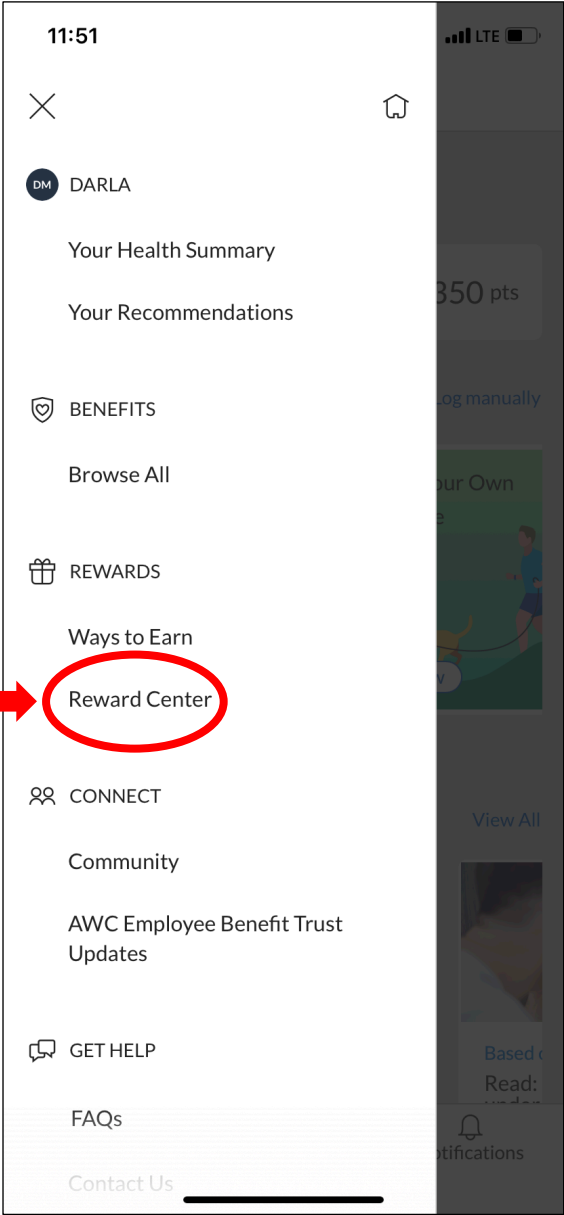
Your Recommendations View All

You're eligible Health Assessment

Take an assessment to keep track of

Home Benefits Notifications

2 →



11:51

DARLA

Your Health Summary

Your Recommendations 350 pts

BENEFITS Browse All

REWARDS

Ways to Earn

Reward Center

CONNECT

Community

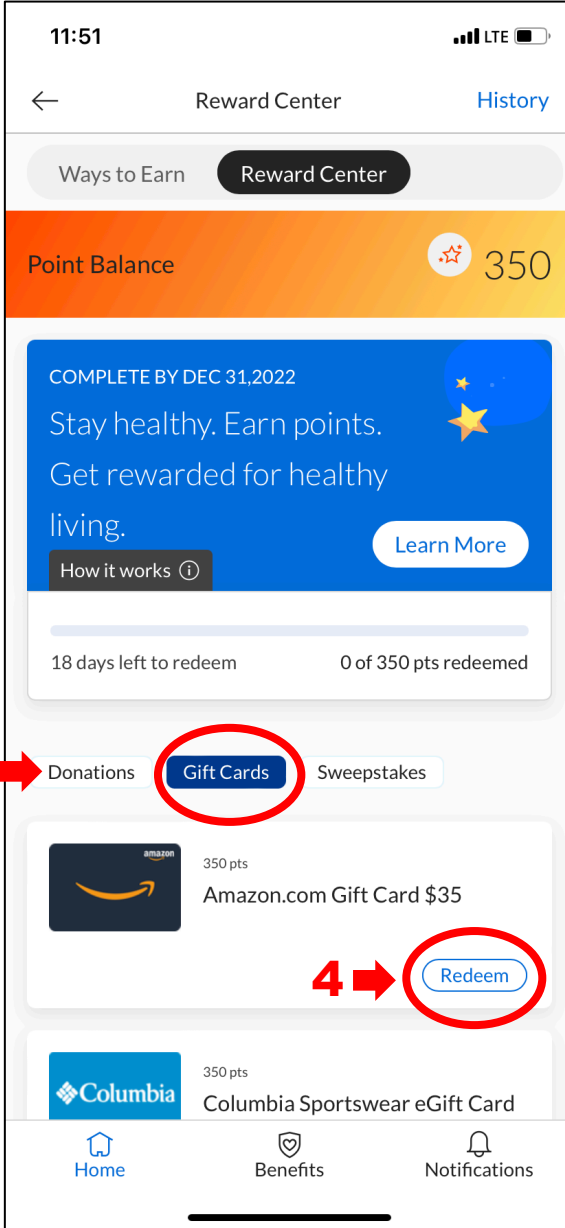
AWC Employee Benefit Trust Updates

GET HELP

FAQs

Contact Us

3 →



11:51

Reward Center History

Ways to Earn Reward Center

Point Balance 350

COMPLETE BY DEC 31, 2022

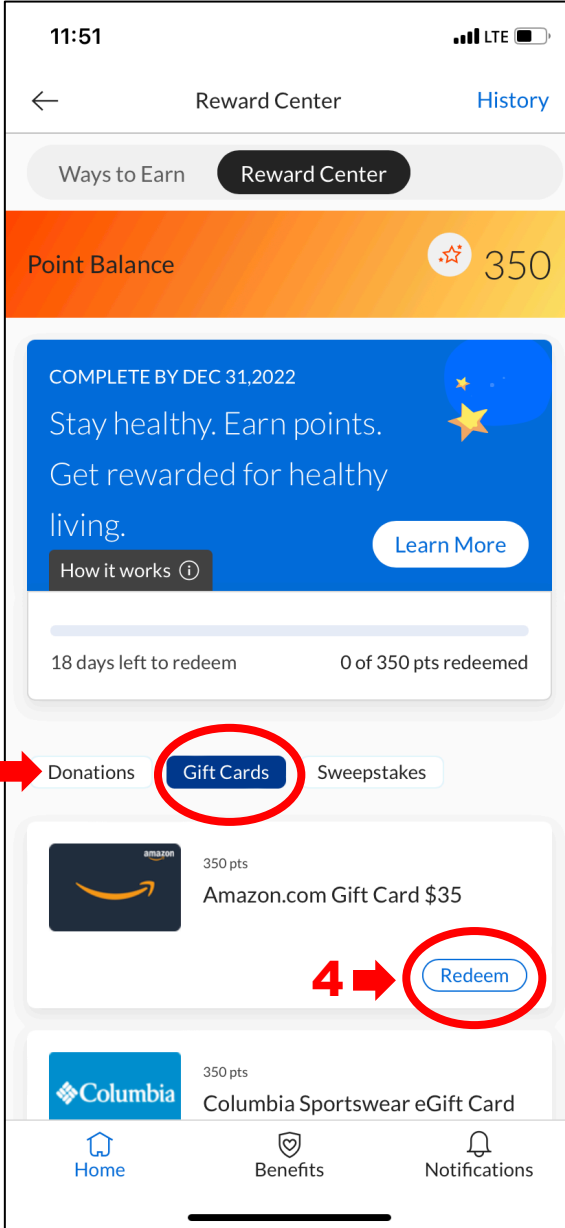
Stay healthy. Earn points. Get rewarded for healthy living. Learn More

How it works

18 days left to redeem 0 of 350 pts redeemed

Donations Gift Cards Sweepstakes

4 →

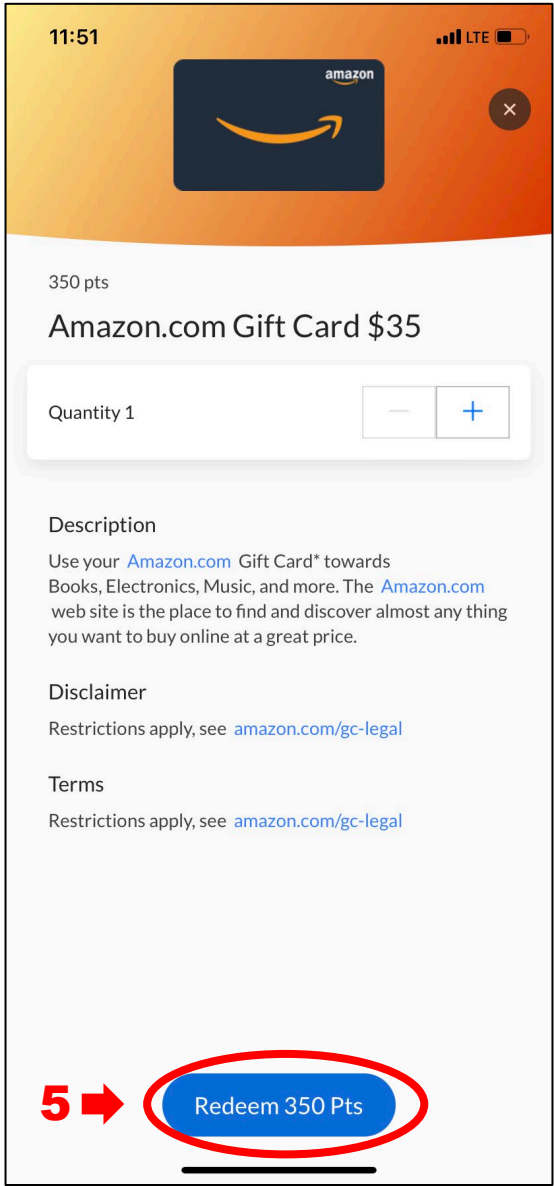


Amazon.com Gift Card \$35

350 pts

Redeem

5 →



11:51

Amazon.com Gift Card \$35

Quantity 1

Description

Use your Amazon.com Gift Card* towards Books, Electronics, Music, and more. The Amazon.com web site is the place to find and discover almost anything you want to buy online at a great price.

Disclaimer

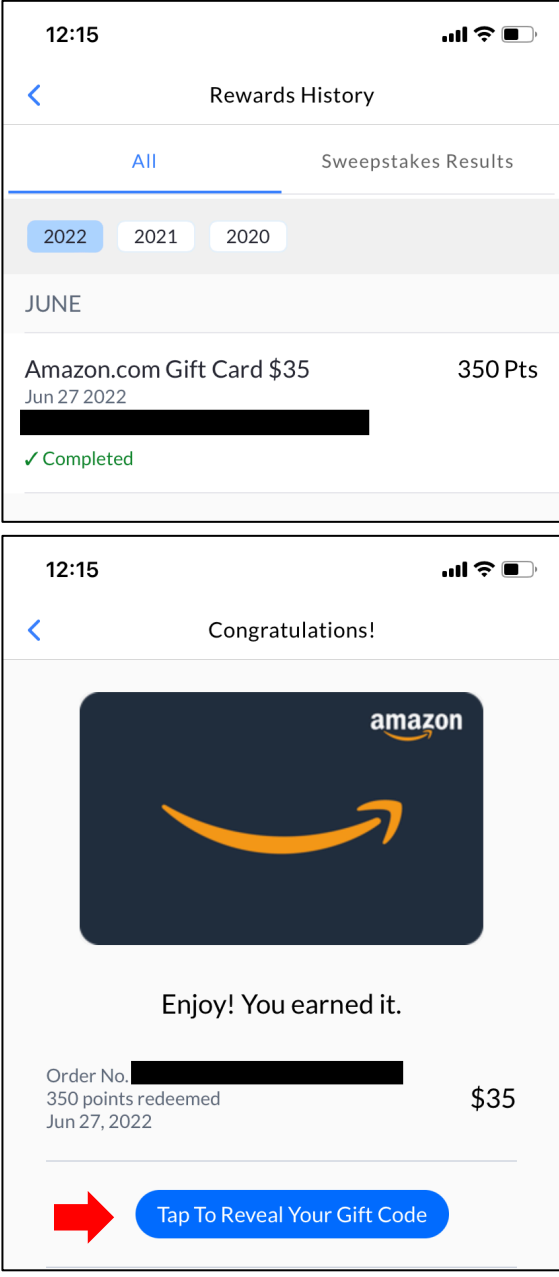
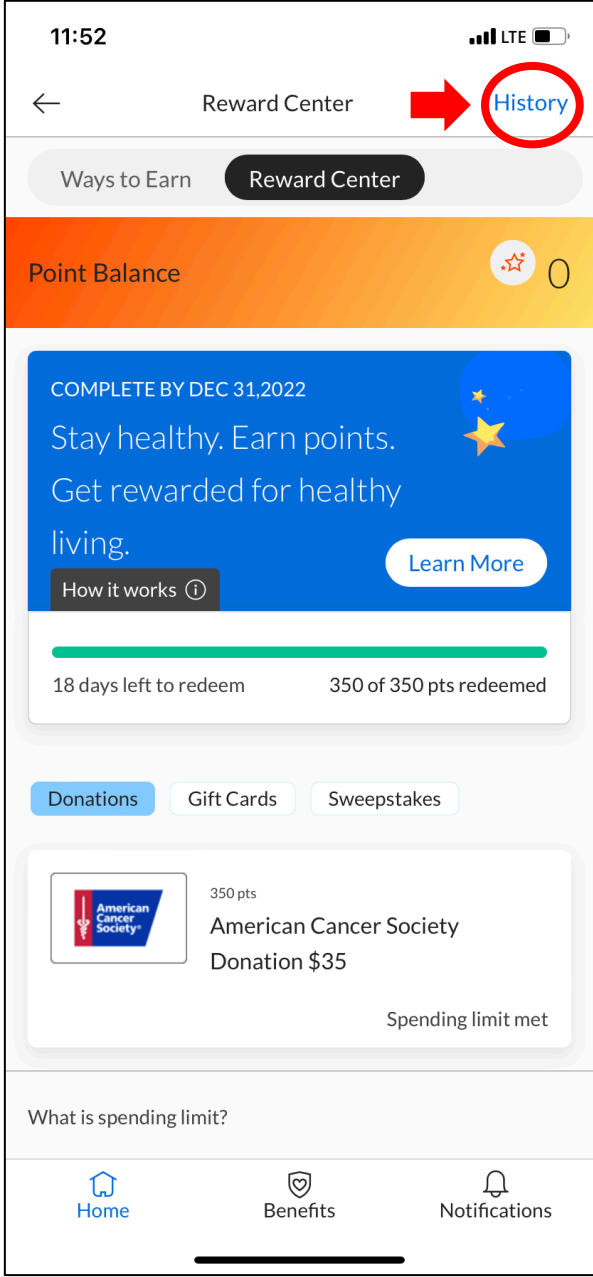
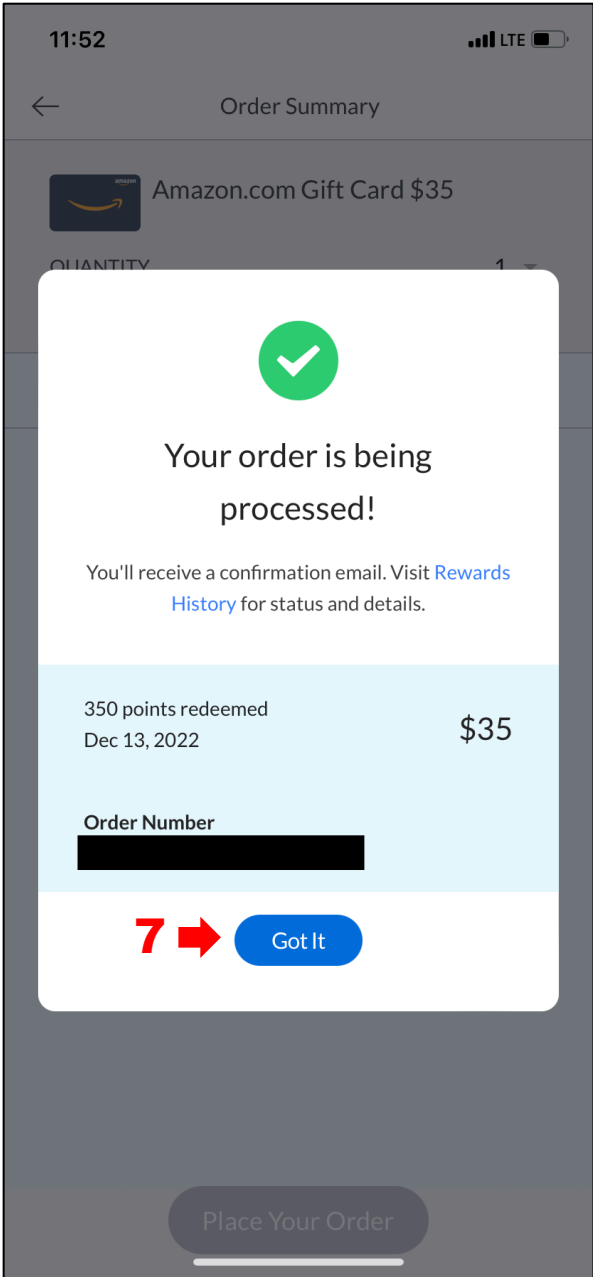
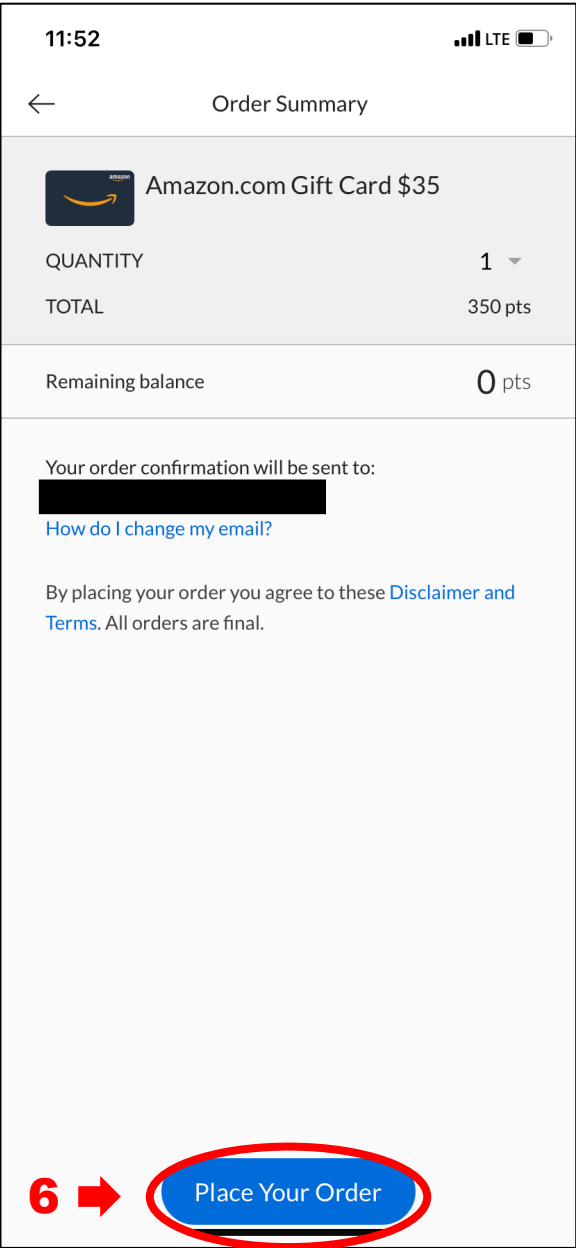
Restrictions apply, see amazon.com/gc-legal

Terms

Restrictions apply, see amazon.com/gc-legal

Redeem 350 Pts

Castlight reward redemption



2025 Castlight points by activity

Action	Points	Limit
Vida Health Coaching		
Complete first coaching session	100	Once/year
Log a metric	10	Once/week
Complete a lesson	50	Once/month
Send a message	10	Once/week
Wondr		
Watch a video	50	Once/year
Enroll in a class	50	Once/year
Complete two sessions	100	Once/year
Complete eight sessions	150	Once/year
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		
CompPsych EAP	50	Once/year
Watch a video		
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