



# Managing your health, made simple

Connect with a Castlight Care Guide, your personal health and benefits expert.

When you register for *My*BENEFITS through Castlight by May 31, 2023 you'll be entered to win a \$25 Visa gift card!\*

\*200 winners





Connect with a  
Castlight Care Guide,  
your personal health  
and benefits expert



Find in-network,  
high-quality  
providers



Review your  
medical claims



**Download the Castlight app  
to register in seconds or visit  
[mycastlight.com/mybenefits](https://mycastlight.com/mybenefits)**



Castlight is provided by your health plan at no cost and is completely confidential. | Castlight is personalized for you—the info and features available to you may vary based on your benefits eligibility. | To enter without Castlight sign-up obligation, legibly hand print on 3"x5" card campaign title, employer name, Employee ID# (as possible), complete name, address, email address (if available), phone number, and year of birth and mail it to Compliance/Rewards Campaign, PO Box 468, Stonington, CT 06378. Void where prohibited. To view official rules: <http://my.castlighthealth.com/terms-and-conditions/sweepstakes-rules>.