

Connecting with a Castlight Care Guide

Chat with your Care Guide in three convenient ways

1



Chat in the Castlight app

Download the Castlight app or visit mycastlight.com/mybenefits to register. Once registered, select "Get Help" to start your chat

2



Call 800-681-6758

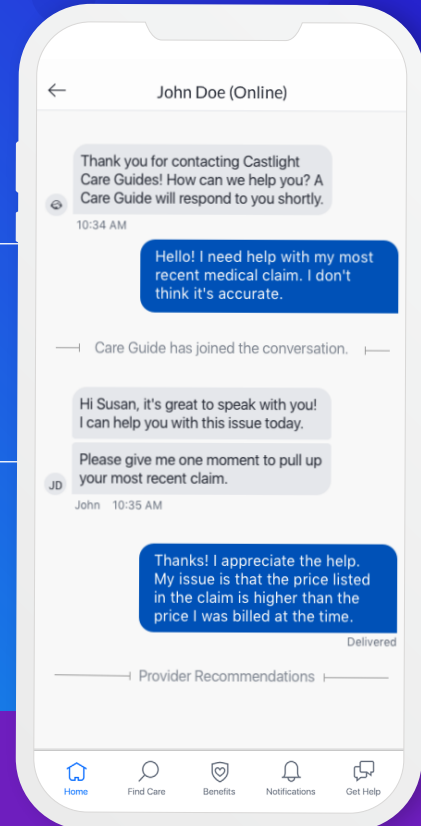
8am - 9pm EST
Monday - Friday

3



Email

support@castlighthealth.com



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



Download the Castlight app to register in seconds or visit mycastlight.com/mybenefits

