

# LOGGING INTO CASTLIGHT



## DESKTOP

Go to [mycastlight.com/mybenefits](https://mycastlight.com/mybenefits)

## MOBILE APP

Download the Castlight app on your mobile device.

For Company Name, enter KEHP or MYBENEFITS (not case sensitive)

**If you created a Castlight account in 2023, sign in and explore.  
If you have not created an account follow the steps below:**

1. Go to “Create an account”.
2. Enter your email address and create a password.
3. Click “Next”.
4. Verify your identity by entering the following information:
  - First and Last Name
  - Date of Birth
  - Last 4-digits of your social security number
  - Zip code
5. Check the box to agree to platform policies.
6. Click “Register”.
7. Complete the 2-Step Verification process by entering your mobile number to receive your code by text message.

For troubleshooting or to register over the phone, please call your Castlight Care Guide at 800-681-6758 or email [support@castlighthealth.com](mailto:support@castlighthealth.com).

