

LivingWell Promise

You are required to complete the LivingWell Promise between January 1, 2027, and July 1, 2027, if you want a health insurance premium discount in 2028.

To complete the Promise, all you have to do is take the Castlight Health Assessment at mycastlight.com/mybenefits. The Health Assessment only takes about 10 minutes to complete and asks various health and lifestyle questions.

By completing the Promise, you earn up to a \$480 premium discount (\$40 a month) for plan year 2028.

Note that you will not get credit for completing the Promise if you do it during Open Enrollment. The Promise must be completed between January 1, 2027, and July 1, 2027.

New employees hired on January 1, 2027 do not have to complete the LivingWell Promise but will still receive the premium discount for 2027 and 2028.

HEALTH ACTION

If you have the cross-reference payment option, both spouses must fulfill the Promise.

