

HOW TO:

Access Your Health Assessment and Tobacco Certification on the Castlight App

1. Download the Castlight App from:
 - Your App Store
 - From <https://us.castlighthealth.com/mobile> or
 - text **APP** to 35925 to download the app
2. Register for a new account or sign-in to existing account,
 - **You and your spouse/partner must each have a separate account.**

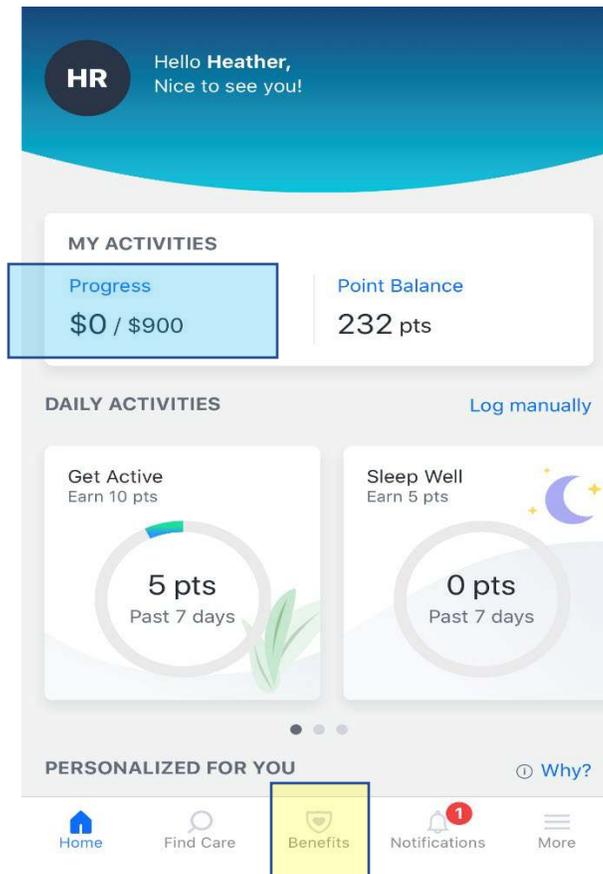


[Why Castlight?](#)



[Chat with support](#)

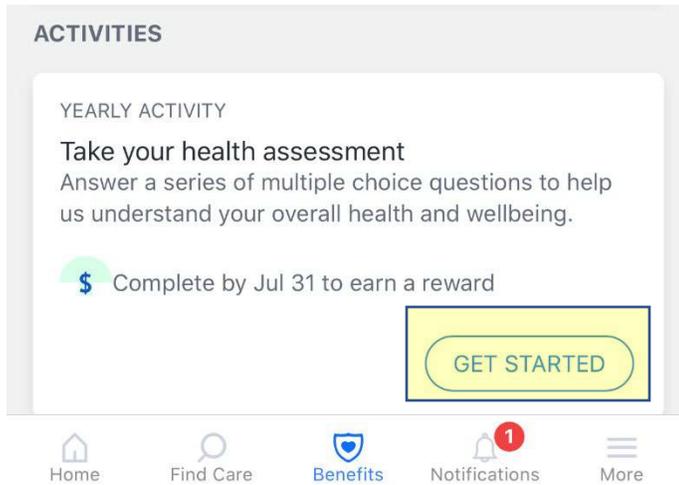
3. Once logged in, click on Benefits. (Notice on this screen that the progress is \$0.)



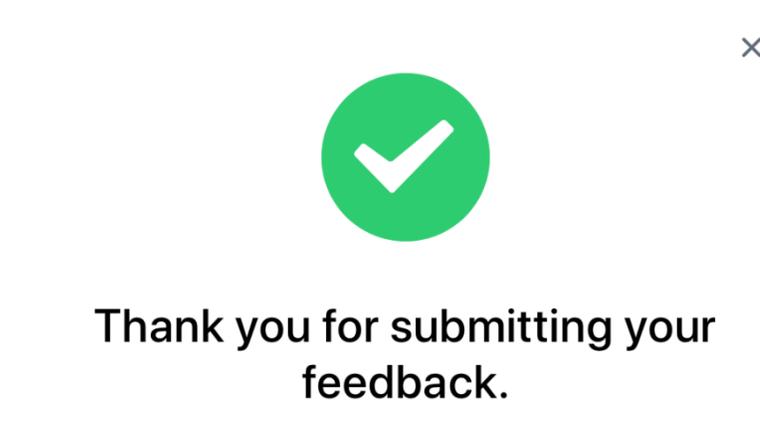
4. Scroll and select "Health Assessment".



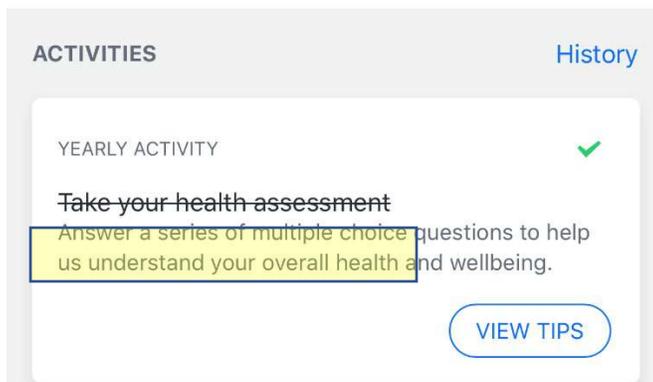
5. Scroll to activities and select Get Started.



6. Once submitted the following screen will populate. Take a screenshot of this screen for your records.



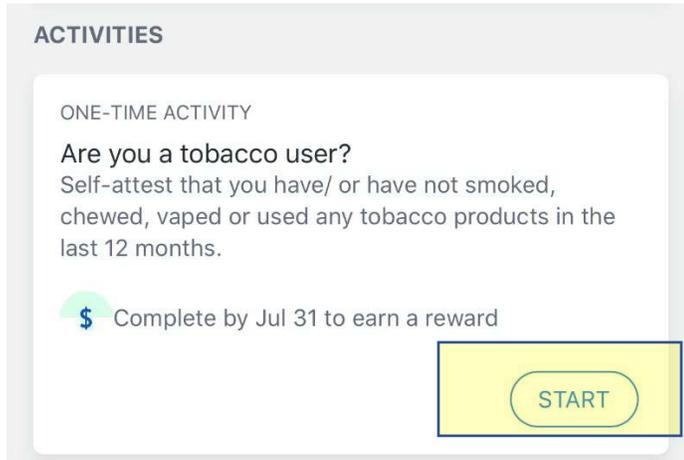
7. Once completed the health assessment will have a long through the activity. Take a screenshot of this screen for your records.



8. Scroll and select "Tobacco Certification".



9. Scroll to activities and select Get Started.

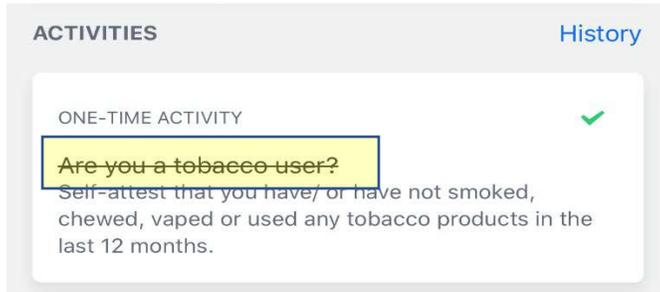


10. Once submitted the following screen will populate. Take a screenshot of this screen for your records.



**Thank you for submitting your
feedback.**

11. Once completed the health assessment will have a long through the activity. Take a screenshot of this screen for your records.



12. Click on your activities to verify completion. The progress will reflect an additional \$600 and the health assessment and tobacco certification will show completed.

