



May Product Release Notes

May 2020

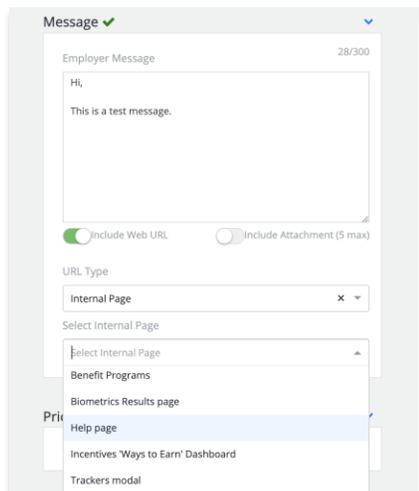
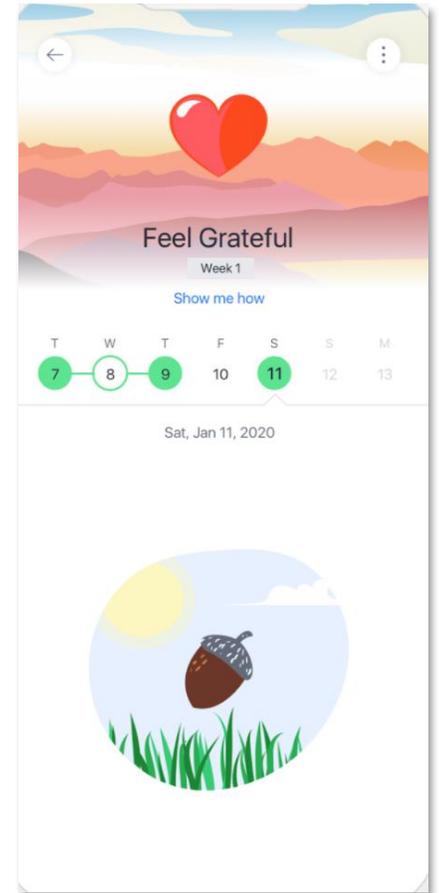
MAY PRODUCT RELEASES

Healthy Habits Challenge

Castlight believes lasting healthy behavior starts one step at a time! Healthy Habits Challenge is based on the latest thinking in consumer and behavioral psychology and has been designed to encourage habit formation. Employees simply choose to work on the habits they currently find most valuable; ranging from resilience building, nutritional habits, to financial and physical health. The design of the challenges utilizes feel-good factors, like visual rewards and dynamic messaging, along with tailored reminders to support and encourage your employees to develop their healthy habits.

- Catalog of Healthy Habits: Breathe, Meditate, Read, Drink Water, Eat Fruit, Eat Veggies, Make Coffee, Feel Grateful, Connect, Stretch
- Onboarding: Short and simple education of how each habit may change your life
- Reminders: Set reminders during onboarding process, Dynamic push notifications as reminders
- User Flow: Personalized anchor statement as reminder to initiate new habit, Daily self-attestation to 'skip' or 'complete' habit, Current 7-day week
- Rewards: Virtual rewards encourage user to continue on their healthy habit journey, Users can grow their acorn into a sapling to see their progress

Available to Wellbeing Express, Wellbeing Navigator, and Complete | Reach out to your CSM if you'd like to turn on



Communication Suite Enhancement For Benefit Leaders

When Benefit Leaders want to add an internal link to their message, they will now be presented with a list of internal pages to choose from instead of a textbox. On selecting "Include Web URL", the Benefit Leaders will see two options to choose from - Web URL and Internal Page.

Available to all customers with Communication Suite | Automatically turned on



Castlight Health, Inc.
150 Spear Street, Suite 400
San Francisco, CA 94105

Tel: 415 829 1400
info@castlighthealth.com
castlighthealth.com

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