Benefits & sweet rewards? We've got you.

Health CENTRAL	
Helio Molly, Every day is a fresh start. Stay healthy!	
Points balance	555 pts
DAILY ACTIVITIES	
Get Active Earn up to 10 pts	Sleep Well Earn 5 pts 45 pts
GET STARTED	Past 7

Finally, a way to see all of your benefits and track your health goals in one place. It's time to get rewarded for the healthy things you do.



Track your daily activities and progress Access all your benefits at your fingertips



Earn points for making healthy choices

Don't forget! Redeem your points by going to the Reward Center and picking a **\$35 gift card** of your choice

Register in seconds.

Download the app in Google Play or App Store, or register at **awctrust.org** from your desktop.

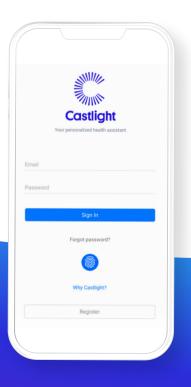






Access your account today

Your secure and confidential account is waiting in Castlight!

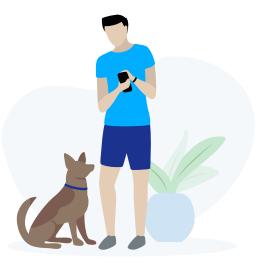


Download the Castlight app or register

in seconds at mycastlight.com/awc



Get started with Castlight today!





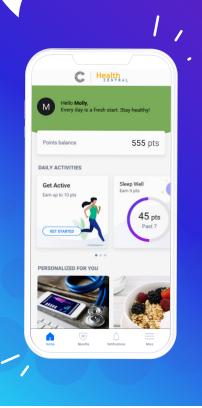




Castlight is provided by your employer at no cost and is completely confidential. I Castlight is personalized for you. That means the info and features you see are based on your benefits and health plan. I To enter without Castlight sign-up obligation, legibly hand print on 3"x5" card campaign title, employer name, Employee ID# (as possible), complete name, address, email address (if available), phone number, and year of birth and mail it to Compliance/Rewards Campaign, PO Box 468, Stonington, CT 06378. Void where prohibited. To view official rules: http://my.castlighthealth.com/terms-and-conditions/sweepstakes-rules.



Benefits & sweet rewards? We've got you.





Redeem your points by going to the Reward Center and picking a **\$35 gift card** of your choice.



Check out the Rewards Center

This is where you'll go to redeem the points you've earned from making healthy choices.



Link a tracker

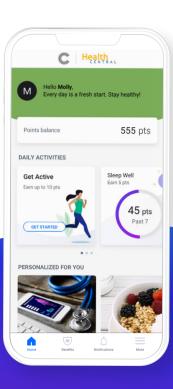
Start earning points for tracking your steps, food, and sleep.

Don't have a tracker? You can also log activity manually.



View your benefits

See all of your benefits in one place. It's time to get rewarded for the healthy things you do.



See what's available to you by tapping the **points bar** on the **Home screen.**

Get Active AT A GLANCE Small steps can lead to big benefits! Link a tracker and earn points for your everyday steps. · Improve your mood, energy, focus, and fitness · Get active and earn points for reaching daily goals · The more you move, the more you earn See m ACTIVITIES Earn up to 10 pts teps 556 cal earn points for taking 5,000, 7,000 132() 35:19: SET UP

> Get started under **Daily Activities** on the **Home screen.**



Head over to the **Benefits tab** and enroll in health and wellbeing programs.