

Better health starts with the right support

Connect with a Nurse Care Guide—expert support, whenever you need it.



Managing your health can feel confusing and overwhelming — but you're not in it alone. Castlight's Care Guides are licensed nurses who are ready to support you with expert guidance every step of the way. Whether you're facing a new diagnosis, managing a condition, or just not sure where to turn — your Care Guide is here to help.

Here's what a Care Guide can do for you:

- Explain diagnoses, results, and medications
- Coordinate follow-up care, referrals, and authorizations
- Break down your costs, claims, and coverage
- Find lower-cost options for labs, imaging, and prescriptions
- Connect you with resources for long-term wellness goals
- Guide you to the right care setting—PCP, urgent care, ER
- Advocate for you with billing issues or delays

Ready to connect?

Scan, visit **myCastlight.com**, or download the Castlight Mobile app to log in or register.



Your Care Guide is part of your benefits — free, confidential, and personalized to you.



ACME