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CASTLIGH Form 4	IT HEALTH, ING	2.									
August 17, 2	ЛЛ		GEOU				NCE C			PROVAL	
Check this box					AND EX , D.C. 20	OMMISSION	OMB Number:	3235-0287			
if no lor subject t Section Form 4 Form 5 obligatio may cor <i>See</i> Instr	nger 16. or Dns tinue. Section 17	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940								Expires: January 31, 2005 Estimated average burden hours per response 0.5	
1(b). (Print or Type	Responses)										
	Address of Reporting	Person <u>*</u>	Symbol	JGHT H	d Ticker or EALTH,		-0	5. Relationship of l Issuer (Check	Reporting Pers		
(Last) (First) (Middle) C/O CASTLIGHT HEALTH, INC., 150 SPEAR ST., SUITE 400			3. Date of Earliest Transaction (Month/Day/Year) 08/15/2016					Director 10% Owner X Officer (give title Other (specify below) Chief Research & Dev. Officer			
SAN ER AN	(Street) NCISCO, CA 941	05		endment, D nth/Day/Yea	ate Origina r)	l		6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Pe	rson	
(City)	(State)	(Zip)	Tab	la I Non I	Dominatina	Soour		Person iired, Disposed of,	or Ponoficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deem Execution any	ied Date, if	3. Transactio Code (Instr. 8)	4. Securit onor Dispos (Instr. 3, 4	ies Ac ed of (1 and 5 (A) or	quired (A) (D) 5)	 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) 	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Class B Common Stock	08/15/2016			Code V M <u>(1)</u>	Amount 20,312	(D) A	Price \$ 0	70,791	D		
Class B Common Stock	08/16/2016			S	8,286 (2)	D	\$ 4.2464 (3)	62,505	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. Number of onDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration Date (Month/Day/Year) A)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. De Se (In
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Units	\$ 0 <u>(4)</u>	08/15/2016		M <u>(1)</u>	20,312	(5)	(5)	Class B Common Stock	20,312	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Rende Jonathan C/O CASTLIGHT HEALTH, INC. 150 SPEAR ST., SUITE 400 SAN FRANCISCO, CA 94105			Chief Research & Dev. Officer				
Signatures							
/s/ Jennifer Chaloemtiarana, by power of attorney		08/	/17/2016				
**Signature of Reporting Person			Date				

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Release and settlement of restricted stock units ("RSUs") granted to the Reporting Person on May 15, 2015, the grant of which was previously reported by the Reporting Person on a Form 3.

Represents the aggregate number of shares sold by the Reporting Person on the same day at different prices. All of these shares were sold(2) to cover taxes and fees due upon the release and settlement of the RSU's. The Reporting Person did not sell or otherwise dispose of any of the shares reported on this Form 4 for any reason other than to cover required taxes and fees.

Represents the weighted average sales price per share. The shares sold at prices ranging from \$4.00 to \$4.415 per share. Full information(3) regarding the number of shares sold at each price shall be provided upon request to the staff of the U.S. Securities and Exchange Commission, the Issuer, or a security holder of the Issuer.

(4) Each RSU represents a contingent right to receive 1 share of the Issuer's Class B common stock upon settlement for no consideration.

The RSUs vest over 4 years as follows: 25% of the RSUs vested on May 15, 2016 and the remainder will vest on each quarterly(5) anniversary thereafter in equal installments. Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting.

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Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.