O'Meara Ma Form 4	aeve									
November 1 FORM Check th if no lon subject t Section Form 4 o Form 5 obligation may con <i>See</i> Instr 1(b).	A 4 UNITE his box ger o 16. or Filed p Section 1	EMENT Of ursuant to S 7(a) of the	Was F CHAN Section 1 Public U	shington, GES IN SECUR 6(a) of the	D.C. 209 BENEFI ITIES e Securiti ling Com	549 CIA ies Ez ipany	L OWN	OMMISSION NERSHIP OF e Act of 1934, 1935 or Section 0	OMB Number: Expires: Estimated a burden hour response	•
(Print or Type		ng Dorson *						5 Deletionship of	Poporting Dars	on(s) to
O'Meara M	Address of Reportinaeve		Symbol	r Name and JGHT HE			ıg	5. Relationship of Issuer (Checl	c all applicable	
	(First) LIGHT HEALT SPEAR ST., SU		3. Date of (Month/D 11/15/2	-	ansaction			Director X Officer (give below) EVP,Product		Owner er (specify perience
	(Street)	1105		endment, Da nth/Day/Year	-			6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M	ne Reporting Per	rson
(City)	VCISCO, CA 94 (State)	4105 (Zip)								
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	ate 2A. Deer r) Execution any	ned	3.	4. Securiti n(A) or Dis (Instr. 3, 4) Amount	ies Ac sposed	quired l of (D)	Jired, Disposed of 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
Class B Common Stock	11/15/2018			M <u>(1)</u>	9,000	A	\$ 0	90,920	D	
Class B Common Stock	11/16/2018			S	3,134 (2)	D	\$ 2.842 (3)	87,786	D	
Class B Common Stock	11/16/2018			M <u>(4)</u>	3,563	A	\$ 0	91,349	D	
Class B	11/16/2018			M <u>(5)</u>	312	А	\$0	91,661	D	

Common

Stock							
Class B Common Stock	11/16/2018	M <u>(6)</u>	23,438	А	\$0	115,099	D
Class B Common Stock	11/16/2018	M <u>(7)</u>	3,125	А	\$ 0	118,224	D
Class B Common Stock	11/16/2018	M <u>(8)</u>	12,500	А	\$ 0	130,724	D
Class B Common Stock	11/16/2018	M <u>(9)</u>	12,500	А	\$ 0	143,224	D

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control 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 etionDerivative Securities 3) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Derivative Expiration Date decurities (Month/Day/Year) Acquired (A) r Disposed of D) Instr. 3, 4,		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>(10)</u>	11/15/2018		M <u>(1)</u>		9,000	(11)	(11)	Class B Common Stock	9,000	
Restricted Stock Units	\$ 0 <u>(10)</u>	11/16/2018		M <u>(4)</u>		3,563	(12)	(12)	Class B Common Stock	3,563	
Restricted Stock Units	\$ 0 <u>(10)</u>	11/16/2018		M <u>(5)</u>		312	(13)	(13)	Class B Common Stock	312	
Restricted Stock Units	\$ 0 <u>(10)</u>	11/16/2018		M <u>(6)</u>		23,438	(14)	(14)	Class B Common Stock	23,438	

Restricted Stock Units	\$ 0 <u>(10)</u>	11/16/2018	M <u>(7)</u>	3,125	(15)	(15)	Class B Common Stock	3,125
Restricted Stock Units	\$ 0 <u>(10)</u>	11/16/2018	M <u>(8)</u>	12,500	(16)	(16)	Class B Common Stock	12,500
Restricted Stock Units	\$ 0 <u>(10)</u>	11/16/2018	M <u>(9)</u>	12,500	(17)	(17)	Class B Common Stock	12,500

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
O'Meara Maeve C/O CASTLIGHT HEALTH, INC. 150 SPEAR ST., SUITE 400 SAN FRANCISCO, CA 94105			EVP,Product&CustomerExperience			
Cianaturaa						

Signatures

/s/ Jennifer Chaloemtiarana, by power of attorney

**Signature of Reporting Person

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 to cover taxes and fees due upon the release and settlement of(2) 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.

11/19/2018

Date

Represents the weighted average sales price per share. The shares sold at prices ranging from \$2.84 to \$2.845 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) Release and settlement of RSUs granted to the Reporting Person on November 16, 2015, the grant of which was previously reported by the Reporting Person on a Form 3.
- (5) Release and settlement of RSUs granted to the Reporting Person on February 24, 2016, the grant of which was previously reported by the Reporting Person on a Form 3.
- (6) Release and settlement of RSUs granted to the Reporting Person on May 16, 2016, the grant of which was previously reported by the Reporting Person on a Form 3.
- (7) Release and settlement of RSUs granted to the Reporting Person on March 7, 2017, the grant of which was previously reported by the Reporting Person on a Form 3.
- (8) Release and settlement of RSUs granted to the Reporting Person on March 16, 2018, the grant of which was previously reported by the Reporting Person on a Form 3.
- (9) Release and settlement of RSUs granted to the Reporting Person on June 11, 2018, the grant of which was previously reported by the Reporting Person on a Form 4.

Reporting Owners

- (10) Each RSU represents a contingent right to receive 1 share of the Issuer's Class B common stock upon settlement for no consideration.
- (11) 25% of the RSUs vested on February 15, 2016 and the remainder will vest quarterly over three years thereafter in equal installments.
 Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting.
- The RSUs vest over 5 years as follows: 25% of the restricted stock units ("RSUs") vested on November 16, 2016. Thereafter, the shares
 (12) vest in 12 quarterly installments each consisting of 5% of the shares subject to the RSU, and 1/12 of the remainder vests monthly thereafter until fully vested. Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting.

The RSUs vest over 5 years as follows: 25% of the RSUs vested on February 24, 2017. Thereafter, the shares vest in 12 quarterly
 (13) installments each consisting of 5% of the shares subject to the RSU, and 1/12 of the remainder vests monthly thereafter until fully vested. Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting.

(14) 25% of the RSUs vested on May 16, 2017 and the remainder will vest quarterly over two years thereafter in equal installments. Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting.

The RSUs vest over 5 years as follows: 25% of the RSUs vested on March 7, 2018. Thereafter, the shares vest in 12 quarterly
(15) installments each consisting of 5% of the shares subject to the RSU, and 1/12 of the remainder vests monthly thereafter until fully vested. Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting.

- (16) The RSUs vested and continue to vest in equal quarterly installments over four years, beginning on February 16, 2018. Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting
- (17) The RSUs will vest over 4 years in 16 equal quarterly installments beginning on August 16, 2018 until fully vested. Shares of the Issuer's Class B common stock will be delivered to the Reporting Person following vesting.

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.