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CASTLIGH Form 4	IT HEALTH, ING	2.									
November 1	7, 2016										
									OMB AF	PPROVAL	
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMMISSION	OMB Number:	3235-0287		
Check th if no lon subject to Section Form 4 Form 5 obligation may con <i>See</i> Insta 1(b).	nger 16. 16. or Filed pu Dns tinue.	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 20(b) of the Investment Company Act of 1040									
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> Rende Jonathan								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) C/O CASTLIGHT HEALTH, INC., 150 SPEAR ST., SUITE 400			3. Date of Earliest Transaction (Month/Day/Year) 11/15/2016					Director 10% Owner X Officer (give title Other (specify below) below) Chief Research & Dev. Officer			
	(Street)	0.5		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	
SAN FRAI	NCISCO, CA 941	.05						Person		porting	
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securi	ities Acqu	ired, Disposed of,	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	Code (Instr. 8)	onor Dispos (Instr. 3, 4	ed of (4 and 5 (A) or	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	11/15/2016			Code V M <u>(1)</u>	Amount 20,313	(D) A	Price \$ 0	82,818	D		
Class B Common Stock	11/16/2016			S	7,794 (2)	D	\$ 4.9854 (3)	75,024	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)	6. Date Exercisable and Expiration Date (Month/Day/Year)		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>	11/15/2016		M <u>(1)</u>	20,313	(5)	(5)	Class B Common Stock	20,313	

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		11.	/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 \$4.85 to \$5.15 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.