



LiveWell Fit

Get out and move with Team Sound Health.

The Trust will reimburse participants, including covered family members, for four events per calendar year. In order to be eligible for event fee reimbursement, register for your event and then notify us at least one week before the event to reserve your spot by completing an online reimbursement request form located on the Trust's website or by calling the Trust at (800) 225-7620 option 2 then option 5.

Visit www.soundhealthwellness.com for more information.

MARCH

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

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27	28	29	30	31		

Look for these icons throughout the year to see what counts toward HRA Funding.



New events added each month! Be sure to check the website for the most up to date calendar.

Date	City	Event Name and Description
MARCH		
17	Bellingham	Runnin O the Green – 5 or 3.1 mile run/walk
17	Tacoma	St. Paddy's Day Run – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
17	Seattle	St. Patrick's Day Dash – 3.1 mile run/walk and kid's dash
18	Mercer Island	Mercer Island Rotary Half Marathon – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
24	Snohomish	Run to Pieces 5k – 3.1 mile run/walk
24	Seattle	Spring Into Acton – 9.3, 6.2 or 3.1 mile run/walk or duathlon and kid's dash
25	Seattle	Big Climb – Stair Climb
25	Olympia	Friendship Run – 6.2 or 3.1 mile run/walk and kid's dash
31	Spokane	Superhero Fun Run – 6.2 or 3.1 mile run/walk
31	Olympia	Run Like A Fool 5k – 3.1 mile run/walk
APRIL		
7	Blaine	BirchBay Road Race – 18.6, 9.3 or 3.1 mile run/walk
7	Burlington	Tulip Run – 5 or 2 mile run/walk
8	Seattle	Walk MS Seattle – 3.1 mile run/walk
8	Everett	The Everett Half – 13.1 or 6.2 mile run/walk
8	Seattle	Emerald City Bike ride – 12 or 3 mile bike ride
14	Seattle	Spring Eagle Trail Run – 26.2, 20, 13.1, 6.2 or 3.1 mile run
14	Snohomish	Spartan Race Super – 8-10 mile run or 24-29 mile obstacles
14-15	Redmond	Mud and Chocolate Trail Run – 13.1 or 4.5 mile trail run
15	Snohomish	Spartan Race Sprint – 3 mile run or 20-23 mile obstacles
15	Spokane	Walk MS Spokane – 3 or 1 mile run/walk
15	Renton	Seahawks 12k – 7.5 or 3.1 mile run/walk and kid's run
15	Orting	Daffodil Classic – 100, 60 or 40 mile bike ride
21	Wenatchee	Wenatchee Marathon – 26.2, 13.1 or 6.2 mile run/walk
21	Woodinville	Run or Wine – 3.1 mile run/walk
21	La Conner	Tulip Pedal – 60, 40 or 20 mile bike ride
21	Seattle	Earth Day – 13.1, 7.5, 6.2 or 3.1 mile run/walk and kid's run
22	Dupont	Just Tri – 7 or 3.1 mile run/walk and kid's run
22	Spokane	Spokane River Run – 31 mile run/relay, 15.5, 6.2 or 3.1 mile run/walk
22	Whidbey Island	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's dah
28	Omak	Omak Orchards in Bloom – 13.1 or 6.2 mile run/walk
28	Wenatchee	Horse Lake Trail Run – 13.1, 7 or 5 mile trail run
28	Arlington	Color Vibe 5k – 3.1 mile run/walk
28	Leavenworth	Firefighter Challenge & Trail Runs – 6.2 mile trail run/walk
28	Mount Vernon	Have a Heart Run – 3.1 mile run/walk
28	Tumwater	Race Against Trafficking 5k – 3.1 mile run/walk
28	Port Angeles	OAT Run – 13.1 or 7.5 mile trail run
28-29	Tacoma	Tacoma City Marathon – 31 or 26.2 mile run/relay, 13.1 run or 3.1 run/walk and kid's run
29	Bellevue	All in for Autism – 6.2 or 3.1 mile run/walk and kid's run
29	Seattle	Top Pot Doughnut Dash – 3.1 mile run/walk
MAY		
5	Bellingham	Haggen to Haggen – 3.1 mile run/walk
5	Wenatchee	Apple Blossom Run – 6.2, 3.1 or 2.1 mile run/walk
5	Winthrop	Sunflower Trail Marathon – 26.2 or 13.1 mile run
5	Puyallup	Run 4 Her Heart – 3.1 mile run/walk
5	Tacoma	Cinco de Mayo 5k – 3.1 mile run/walk
6	Spokane	Bloomsday – 7.46 mile run/walk
12	Burlington	Skagit Spring Classic – 100.5, 61.6, 45.8 or 27.8 mile bike ride
12	Mukilteo	Inspiring Hope Run – 6.2 or 3.1 mile run/walk
13	Seattle	Color Run – 3.1 mile run/walk
13	Lacey	Just Tri – 7 or 3.1 mile run/walk and kid's dash

MORE TO COME!



INCENTIVES for LiveWell Fit!

Sound Health and Wellness Trust eligible participants and their covered family members can have race registration fees reimbursed^(*) for four events per year! Eligible participants and spouses can also earn HRA funding as a health related action!!

Get Reimbursed!

In order to be eligible for event fee reimbursement and HRA funding, be sure to complete the following steps. (You must be covered by Sound Health & Wellness Trust on the date of the race)

1. **Register for an event** listed on the Trust’s official event calendar by going to the event’s website. **Keep your payment receipt.**
 2. **Request reimbursement** through the Trust at least one week before the event.
 - **Submit an online reimbursement request** on the Trust’s website:
 - Visit www.soundhealthwellness.com and log in to your secure account
 - From the *LiveWell Programs* menu, select *LiveWell Fit*
 - From the options on the page, select and complete the *Request Reimbursement* section
- OR**
- **Call (800) 225-7620 option 2 then option 5**
 3. **Watch for an email** just a couple days prior to the event from one of our Wellness Coordinators with additional follow-up instructions.

^(*) Limitations apply. LiveWell Fit reimbursement is a taxable incentive. The Trust will pay the required FICA (Social Security and Medicare) taxes on your behalf and you will be responsible for any federal income taxes that may be due. Other LiveWell Fit incentives may also be considered taxable. If you received a taxable incentive, the Trust will send you a W-2 each January that you should include with your annual tax filing.

Bring a Buddy!

Get a new buddy to register for reimbursement with you for an event and you’ll both be entered into a grand prize raffle drawing for a \$300 VISA gift card^(*) (one winner per year, drawing held in January). Just let the Wellness Coordinator working with you for reimbursement know who your buddy is. A buddy is another covered Sound Health employee or spouse who has never participated in a LiveWell Fit event. You can be entered up to four times per year for bringing a new buddy to each event for which you are reimbursed.

Earn Mile Markers Rewards!

Mile Marker rewards are only earned once for the first four events for which you are reimbursed.

Mile Marker	Incentive Reward	Requirement
1	LiveWell branded water bottle	1 st LW Fit Event
2	LiveWell branded technical t-shirt	2 nd LW Fit Event
3	Bonus LiveWell fit event reimbursement	3 rd LW Fit Event
4	Option of: GPS Sport Watch/Activity Tracker ^(*) , Fitbit ^(*) , or reimbursement of running/biking shoes*	4 th LW Fit Event