



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.

APRIL

1	2	3	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					

MAY

		1	2	3	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		

JUNE

					1	2
3	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

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
APRIL		
28	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 mile run or 3.1 mile 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 and kid's dash
5	Seattle	Fiesta 5k Ole – 3.1 mile run/walk
6	Seattle	Bike-n-Brews – 27 mile bike ride
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
12	Bainbridge Isl.	Trillium Trail 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
13	Kirkland	Kirkland Mother's Day Half – 13.1 or 3.1 mile run/walk
19	Poulsbo	Viking Fest Road Race – 5 or 1 mile run
19	Bothell	UW Bothell Husky 5k – 3.1 mile run/walk and kid's dash
20	Olympia	Capital City Marathon – 26.2, 13.1 or 5 mile run
20	Bellingham	Brain Cancer Walk – 3.1 mile walk
20	Spokane	Windermere Marathon and Half Marathon – 26.2 or 13.1 mile run/walk
20	Seattle	Beat The Bridge – 4.97, 3.1 or 1 mile run/walk
20	Poulsbo	The Viking Tour – 60, 30 or 15 mile bike ride
20	Port Townsend	Rhody Run – 7.5 or 3.7 mile run/walk
25	Puyallup	Black Light Run – 3.1 mile run/walk
26	Port Orchard	Fathoms O'Fun SeaGull Splat Run – 3.1 mile run/walk
26	Sammamish	Soaring Eagle Trail Run – 31, 26.2, 13.1, 6.2 or 3.1 mile run
27	Seattle	Magnuson Series Memorial Day Weekend – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
27	Bellingham	Ski to Sea – 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
27	Spokane	Priest Lake Spring Festival Run – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
JUNE		
2	Tri-Cities	Insane Inflatable 5k – 3.1 mile obstacle course
2	Cashmere	Red Devil Challenge Trail Runs – 31, 15 or 6.2 mile trail run
2	Redmond	Flying Wheels – 100, 67 or 47 mile bike ride
2	Maple Valley	Lake Wilderness Triathlon – Olympic, sprint and kid tri relay, 13.1, 6.2 or 3.1 mile run/walk
2-3	Sequim	North Olympic Discovery Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run
3	Monroe	Terrain Racing – 3.1 mile obstacle
3	Cle Elum	Teaway Trail Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk
3	Redmond	Big Backyard 5k – 3.1 or 1 mile run/walk and kid's run
9	Tacoma	Sound to Narrows – 7.5 or 3.1 mile run/walk and kid's run
9-10	Seattle	Rock N Roll Marathon – 26.2, 13.1 or 3.1 mile run/walk

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