



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	Seattle	Top Pot Doughnut Dash – 3.1 mile run/walk and kid's dash
28	Bellevue	All in for Autism – 6.2 or 3.1 mile run/walk and kid's run
28	Snoqualmie	Mt. Si Relay & Ultra Runs – 59 mile relay, 50, 31, 26.2 or 13.1 mile run/walk
28	Spokane	Spokane River Run – 31 mile run/relay, 15.5, 6.2 or 3.1 mile run/walk
MAY		
4	Winthrop	Sunflower Trail Marathon – 26.8 or 13.1 mile run or relay
4	Bellingham	Haggen to Haggen – 3.1 mile run/walk
4	Wenatchee	Apple Blossom Run – 6.2, 3.1 or 2.1 mile run/walk
4	Lakewood	Hunger Walk & 5k Run – 3.1 mile run/walk
4	Tacoma	May the Fourth Be With You 5k – 3.1 mile run/walk
4	Seattle	Fiesta 5k Ole – 3.1 mile run/walk
4-5	Tacoma	Tacoma City Marathon – 31 or 26.2 mile run/relay, 13.1 mile or 3.1 mile run/walk and kid's run
5	Seattle	Bike-n-Brews – 27 mile bike ride
5	Spokane	Bloomsday – 7.46 mile run/walk
5	Bellingham	Bellingham Brain Cancer Walk – 3.1 mile run/walk
11	Eatonville	Aid the Agency 5/10k – 6.2 or 3.1 mile run/walk and kid's race
11	Burlington	Skagit Spring Classic – 100, 64, 48, or 27 mile bike ride
11	Mukilteo	Inspiring Hope Run – 6.2 or 3.1 mile run/walk
11	Spokane	Priest Lake Marathon – 31, 26.2 run/relay, 13.1, 3.1 mile run/walk
12	Steilacoom	Just Tri "Dragon Series" – 7 or 3.5 mile run/walk
12	Kirkland	Kirkland Half/Mother's Day Half – 13.1 or 3.1 mile run/walk and kid's dash
18	Poulsbo	Viking Fest Road Race – 5 mile or 1 mile run
18	Issaquah	Tiger Mountain Trail Run – 31.1, 26.2, 13.1, 7.5 or 3.1 mile run/walk
19	Bothell	UW Bothell Husky 5k – 3.1 mile run/walk and kid's dash
19	Olympia	Capital City Marathon – 26.2, 13.1 or 5 mile run and kid's dash
19	Spokane	Windermere Marathon and Half Marathon – 26.2 or 13.1 mile run/walk
19	Orting	5k for the Fallen – 3.1 mile run/walk and kid's dash
19	Seattle	Beat the Bridge – 4.97. 3.1 mile or 1 mile run/walk
19	Poulsbo	The Viking Tour – 60, 30 or 15 mile bike ride
19	Port Townsend	Rhody Run – 7.5 or 3.7 mile run/walk
25	Port Orchard	Fathoms 'O' Fun Seagull Splat Run – 3.1 mile run/walk and kid's dash
25	Sammamish	Soaring Eagle Trail Run – 31, 26.2, 13.1, 6.2, 3.1 or 3.1 mile run
25	Seattle	Magnuson Series Memorial Day Weekend – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
26	Bellingham	Ski to Sea – 92 mile relay, XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
JUNE		
1	Spokane	Mermaid Run – 6.2 or 3.1 mile run/walk
1	Cashmere	Red Devil Challenge Trail Runs – 31, 15.5, or 6.2 mile trail run
1	Redmond	Flying Wheels – 100, 52, 67 or 47 mile bike ride
1	Maple Valley	Lake Wilderness Triathlon – Olympic, sprint and kid tri relay
1	Shelton	Goldsborough Creek Run/Walk – 7 or 2 mile run/walk and junior jog/senior walk
1-2	Sequim	North Olympic Discovery Marathon – 26.2 and relay, 13.1, 6.2 or 3.1 mile run/walk and kid's run
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