

## 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.

JULY	1					
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AUG	UST					
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SEPT	ГЕМВ	ER				
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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.

Seattle

**Snohomish** 

**Spokane** 

JULY  26 Seattle Seattle Night Ride –14 mile bike ride  27 McCleary The Dirty Dash – 3.1 mile obstacle course  28 Agua Run – 6.2, 3.1 or 1 mile run/walk  29 Lake The Great Inflatable Race – 3.1 mile obstacle course  20 Sammamish  20 Seattle Seafair Torchlight Run – 4.97 or 3.1 mile run/walk  21 Seattle Seafair Torchlight Run – 4.97 or 3.1 mile run/walk  22 Seattle West Seattle West Seattle Beach Run – 31, 15.5, 26.2 or 13.1 mile run/walk  28 West Seattle West Seattle Beach Run – 31, 15.5, 26.2 or 13.1 mile run/walk  AUGUST  3 Carnation Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk  3 Sequim Tour de Lavender – 62.5 or 35 mile bike ride  3 Issaquah Tiger Peak Challenge – 31, 26.2 or 13.1 mile run/walk  4 Wolcanic 50 – 31 or 15.1 mile run/walk  4 Monroe Anacortes Art Dash – 13.1, 6.2 or 3.1 mile run/walk  4 Monroe Terrain Racing – 3.1 mile obstacle course  4 Port Angeles Ride the Hurricane – 100 or 40 mile bike ride  10 Monroe Lake Tye Triathlon – Sprint triathlon, Sprint relay, Olympic triathlon, Olympic relay and Youth triathlon  10 Newcastle Cougar Mountain Trail Run – 26.2, 14.5 or 3.1 mile run/walk  10 Gig Harbor Galloping Gertie Half – 13.1, 6.2 or 3.1 mile run/walk  10 Redmond Enforcer 5k – 3.1 mile run/walk  10 Millcreek Run with Heart 5k – 3.1 mile run/walk	Date	City	Event Name and Description	
The Dirty Dash – 3.1 mile obstacle course  Agua Run – 6.2, 3.1 or 1 mile run/walk  The Great Inflatable Race – 3.1 mile obstacle course  Sammamish  Seafair Torchlight Run – 4.97 or 3.1 mile run/walk  Torchlight Run – 4.97 or 3.1 mile run/walk  August Seattle  West Seattle West Seattle Beach Run – 31, 15.5, 26.2 or 13.1 mile run/walk  August  Carnation Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Sequim Tour de Lavender – 62.5 or 35 mile bike ride  Issaquah Tiger Peak Challenge – 31, 26.2 or 13.1 mile run/walk  Mt. Saint Volcanic 50 – 31 or 15.1 mile run/walk  Anacortes Anacortes Art Dash – 13.1, 6.2 or 3.1 mile run/walk  Monroe Terrain Racing – 3.1 mile obstacle course  Anacortes Ride the Hurricane – 100 or 40 mile bike ride  Monroe Lake Tye Triathlon – Sprint triathlon, Sprint relay, Olympic triathlon, Olympic relay and Youth triathlon  Newcastle Cougar Mountain Trail Run – 26.2, 14.5 or 3.1 mile run/walk  Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Coupeville Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk  Millcreek Run with Heart 5k – 3.1 mile run/walk	JULY		·	
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10 Millcreek Run with Heart 5k – 3.1 mile run/walk	10	•		
		Millcreek		
11 Sammamish Mud & Chocolate Gnome Run – 13.1 or 45 mile run/walk	11	Sammamish	Mud & Chocolate Gnome Run – 13.1 or 45 mile run/walk	
11 Seattle Lake Union 10k – 6.2 mile run/walk				
12 Packwood High Pass Challenge – 104 mile bike ride		Packwood		
13-19 Mt. Saint Big Foot Endurance Run – 200, 62, 40 or 20 mile run/walk				
Helens				
16-17 Spokane Spokane to Sandpoint – 200 mile relay	16-17	Spokane	Spokane to Sandpoint – 200 mile relay	
17 Kent Lake Meridian Triathlon – Super, Olympic and Sprint Relay	17	Kent		
17 Sequim Valley of the Trolls – 13.1, 6.2 or 3.1 mile run/walk	17	Sequim		
17 Tacoma Narrows Half & 5k – 13.1 mile run/relay or 5k	17	•		
run/walk			· · · · · · · · · · · · · · · · · · ·	
17-18 Issaquah Kids Obstacle Challenge – 2 or 1.5 mile obstacle course	17-18	Issaquah	Kids Obstacle Challenge – 2 or 1.5 mile obstacle course	
18 North Bend Tunnel Vision – 26.2 mile run/walk	18	North Bend	Tunnel Vision – 26.2 mile run/walk	
23-24 Seattle RSVP – 175 mile bike ride	23-24	Seattle	RSVP – 175 mile bike ride	
24 Mukilteo Run-a-Muk – 6.2 or 3.1 mile run/walk	24	Mukilteo	Run-a-Muk – 6.2 or 3.1 mile run/walk	
24 Seattle Seattle Marathon 10k – 6.2 or 3.1 mile run/walk and kid's run	24	Seattle	Seattle Marathon 10k – 6.2 or 3.1 mile run/walk and kid's run	
25 Bellingham Chuckanut Classic – 100, 62, 38 or 25 mile bike ride	25	Bellingham		
25 North Bend Iron Horse Half Marathon – 13.1 mile run/walk	_	_		
28 Tacoma Thirsty Summer Nights – 3.1 mile run/walk	_			
31 Bonney Lake Bonney Lake Triathlon – Sprint and Olympic Relay				
SEPTEMBER				
7 Auburn Pacific Runderland – 3.1 mile run/walk and kids run			Pacific Runderland – 3.1 mile run/walk and kids run	
7 Lake Stevens Lake Stevens Triathlon – Sprint, Olympic or Olympic				
ParaAthlete Triathlon				
7 Snohomish Spartan Beast – 13 mile obstacle course	7	Snohomish	Spartan Beast – 13 mile obstacle course	
7 Port Angeles GOAT Run – 31, 26.2 or 13.1 mile trail run	7	Port Angeles	<b>GOAT Run</b> – 31, 26.2 or 13.1 mile trail run	

WOW - 6.2 or 3.1 mile run/walk and kid's dash

Spartan Sprint – 3 mile obstacle course

Spokefest – 50, 21 or 9 mile bike ride MORE TO COME!



### INCENTIVES for LiveWell Fit!

WELLNESS TRUST Sound Health and Wellness Trust eligible participants and their covered family members can have race registration fees reimbursed<sup>(\*)</sup> 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.

#### **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<sup>(\*)</sup> (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	1st LW Fit Event
2	LiveWell branded technical t-shirt	2 <sup>nd</sup> LW Fit Event
3	Bonus LiveWell fit event reimbursement	3 <sup>rd</sup> LW Fit Event
4	Option of: GPS Sport Watch/Activity Tracker <sup>(*)</sup> , Fitbit <sup>(*)</sup> , or reimbursement of running/biking shoes*	4 <sup>th</sup> LW Fit Event

<sup>(\*)</sup> 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.