



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	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			

AUGUST

				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

SEPTEMBER

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
JULY		
26	Seattle	Seattle Night Ride – 14 mile bike ride
27	McCleary	The Dirty Dash – 3.1 mile obstacle course
27	Lake Stevens	Agua Run – 6.2, 3.1 or 1 mile run/walk
27	Lake Sammamish	The Great Inflatable Race – 3.1 mile obstacle course
27	Seattle	Seafair Torchlight Run – 4.97 or 3.1 mile run/walk
27-28	North Bend	Jack and Jill's Downhill Marathon – 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
3	Mt. Saint Helens	Volcanic 50 – 31 or 15.1 mile run/walk
3	Anacortes	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	Coupeville	Race the Reserve – 26.2, 13.1 6.2 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
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
13-19	Mt. Saint Helens	Big Foot Endurance Run – 200, 62, 40 or 20 mile run/walk
16-17	Spokane	Spokane to Sandpoint – 200 mile relay
17	Kent	Lake Meridian Triathlon – Super, Olympic and Sprint Relay
17	Sequim	Valley of the Trolls – 13.1, 6.2 or 3.1 mile run/walk
17	Tacoma	Tacoma Narrows Half & 5k – 13.1 mile run/relay or 5k run/walk
17-18	Issaquah	Kids Obstacle Challenge – 2 or 1.5 mile obstacle course
18	North Bend	Tunnel Vision – 26.2 mile run/walk
23-24	Seattle	RSVP – 175 mile bike ride
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
25	Bellingham	Chuckanut Classic – 100, 62, 38 or 25 mile bike ride
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
7	Lake Stevens	Lake Stevens Triathlon – Sprint, Olympic or Olympic ParaAthlete Triathlon
7	Snohomish	Spartan Beast – 13 mile obstacle course
7	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run
8	Seattle	WOW – 6.2 or 3.1 mile run/walk and kid's dash
8	Snohomish	Spartan Sprint – 3 mile obstacle course
8	Spokane	Spokefest – 50, 21 or 9 mile bike ride
MORE TO COME!		



**SOUND HEALTH
& WELLNESS TRUST**

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