



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.

OCTOBER

		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		

NOVEMBER

					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

DECEMBER

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				

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
OCTOBER		
26	Spokane	Great Pumpkin Race – 3.1 or .62 mile run/walk
26	Port Angeles	Pumpkin Fun Run & Walk – 3.1 mile run/walk
26	West Seattle	West Seattle Monster Dash – 3.1 mile run/walk and kids dash
26	Spokane	Chocolate Chip Cookie 50k Trail Run – 31.1 mile run/walk
26	Seattle	Where's Waldo 5k – 3.1 mile run/walk and kids run
26	Seattle	Halloween Run – 9.3, 6.2 or 3.1 mile run/walk and kids dash
26	Monroe	Sky Valley Classic – 6.2, 3.1 or 1 mile run/walk
27	Sumner	Pumpkin Run – 3.1 mile run/walk
27	Seattle	Run Scared – 6.2, 3.1 or 2.5 mile run/walk and kid's race
27	Seattle	Purple Stride Puget Sound 2019 – 3.1 mile run/walk
NOVEMBER		
2	Kent	In Unity We Run – 26.2 or 13.1 mile run
9	Monroe	Black Light Run – 3.1 mile run/walk
9	Monroe	Color Frenzy 5k – 3.1 mile run/walk
9	Mount Vernon	Fowl Fun Run – 6.2 or 3.1 mile run/walk
10	Maple Valley	Storm Chase 5k – 3.1 mile run/walk
10	Redmond	Pineapple Classic – 3.1 mile obstacle course
16	Woodinville	Run or Wine 5k – 3.1 mile run/walk
16	Issaquah	Grand Ridge Trail Runs – 31, 13.1 or 3.1 mile trail run
16	Orting	Orting Turkey Trot – 13.1, 6.2 or 3.1 mile run/walk
17	Seattle	Greenlake Gobble – 6.2 or 3.1 mile run/walk and kids dash
23	Port Townsend	Jumping Mouse 5k Turkey Trot – 3.1 mile run/walk and kids' fun run
28	Issaquah	Issaquah Turkey Trot – 3.1 mile run/walk
28	Gig Harbor	Gig Harbor Turkey Trot – 6.2 or 3.1 mile run/walk
28	Wenatchee	Turkey on the Run – 7.45 or 3.1 mile run/walk and kids race
28	Mukilteo	Turkey Trot Mukilteo – 6.2 or 3.1 mile run/walk
28	Woodinville	Turkey Trot Woodinville – 5 or 3.1 mile run/walk and kids run
28	Seattle	Hi5K Thanksgiving Day Apple Cup 5k – 3.1 mile run/walk
28	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kids run
28	Norpoint	Norpoint Turkey Trot – 3.1 or 2 mile run/walk and kids trot
28	Puyallup	Gobble Gobble 5k/10k – 6.2 or 3.1 mile run/walk
28	Arlington	Arlington Turkey Trot – 3.1 mile run/walk
28	Silverdale	Silverdale Rotary Turkey Trot 2019 – 3.1 or 1 mile run/walk and pumpkin/kids dash
28	Olympia	The Oly Trot – 4 mile run/walk and tot trot
28	Auburn	Auburn Turkey Trot – 3.1 mile run/walk
28	Seattle	Turkey Trot Seattle – 3.1 mile run/walk
DECEMBER		
1	Seattle	Seattle Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
7	Seattle	The Electric Cookie run – 5.6 or 2.8 mile run/walk
7	Arlington	Hot Cocoa Run – 6.2 or 3.1 mile run/walk
7	Woodinville	Winterfest 5k and 10k – 6.2 or 3.1 mile run/walk
7	Spokane	Jingle Bell Run Spokane – 3.1 or 1 mile run/walk
7	Port Orchard	Jingle Bell Run Pt. Orchard – 3.1 mile run/walk and kids run
8	Seattle	Jingle Bell Run Seattle – 7.5, 3.1 or 1 mile run/walk and kids run
8	Snohomish	Chase the Grinch Outta Snohomish – 6.2 or 3.1 mile run/walk and kids dash
14	Bellingham	Jingle Bell Run Bellingham – 3.1 or 1 mile run/walk
14	Tacoma	Santa Runs Tacoma – 13 mile run/relay, 6.2 or 3.1 mile run/walk and kids run
14	Kent	Christmas Rush Fun Run/Walk – 6.2 or 3.1 mile run/walk
14	Anacortes	Jingle Bell Dash – 6.2 or 3.1 mile run/walk
14	Elma	Porter Creek Trail Runs – 15.5, 10 or 3.1 mile trail 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	Trust branded Sunshield Buff	1 st LW Fit Event
2	Fit Happens 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