



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.

DECEMBER

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|----|----|----|----|----|----|----|
| 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 | | | | |

JANUARY

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| | | | 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 | |

FEBRUARY

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| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

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 |
|----------------------|---------------|---|
| 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/10k – 6.2 or 3.1 mile run/walk |
| 7 | Spokane | Jingle Bell Run Spokane – 3.1 or 1 mile run/walk |
| 7 | Blyn | Jamestown S'Klallam Tribe 5k/10k – 6.2 or 3.1 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 | 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 |
| 15 | Kirkland | 12ks Of Christmas – 7.5 or 3.1 mile run/walk and kids dash |
| 29 | Port Orchard | Yukon Do It – 26.2, 13.1, 10 or 6.2 mile run/walk |
| JANUARY | | |
| 1 | Seattle | Resolution Run 5k & Polar Bear Dive – 3.1 mile run/walk |
| 1 | Snohomish | Bling in the New Year Marathon & Half Marathon – 26.2 or 13.1 mile run/walk |
| 4 | Steilacoom | Ft Steilacoom Resolution Run 5k/5 Mile – 5 or 3.1 mile run/walk |
| 4 | Bothell | Worst Day of the Year Run – 6.2 or 3.1 mile run/walk |
| 11 | Redmond | Sammamish Polar Bear 5k – 3.1 mile run/walk |
| 12 | Bellingham | Annual Lake Samish Runs – 13.1 or 6.5 mile run/walk |
| 18 | Redmond | Rain Run – 13.1 mile run/walk |
| 18 | Sammamish | Frost Eagle Trail Run – 13.1 or 3.1 mile run/walk |
| 18 | Puyallup | No Sun Fun Run – 3.1 or 1 mile run/walk |
| 18 | Seattle | MLK Weekend Run – 9.3, 6.2 or 3.1 mile run/walk |
| 25 | Steilacoom | Ft Steilacoom Resolution Run 10k/10 Mile or 5k – 10, 6.2 or 3.1 mile run/walk |
| 25 | Tukwila | Tukwila to Alki Half Marathon – 13.1 mile run/walk |
| FEBRUARY | | |
| 2 | Olympia | Geoduck Gallop – 13.1 or 6.2 mile run/walk |
| 2 | Seattle | Super Bowl Sunday 5k – 3.1 mile run/walk |
| 2 | West Seattle | West Seattle Beach Run – 31, 26.2, 15.5 or 13.1 mile run |
| 8 | Seattle | Love Em or Leave Em Valentine's Day Dash – 13.1, 6.2 or 3.1 mile run/walk |
| 8 | Tukwila | Green River Half Marathon – 13.1 mile run/walk |
| 8 | Olympia | Valentine's Day 5k – 3.1 mile run/walk |
| 9 | Seattle | My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk |
| 15 | Sedro-Woolley | Woolley Trail Runs – 31.1, 26.2 or 13.1 mile run |
| 15 | Bellingham | Fragrance Lake 50k/Half Marathon/10k – 30, 13.1 or 6.2 mile run/walk |
| 15 | Seattle | Presidents Day Weekend Run – 9.3, 6.2 or 3.1 mile run/walk |
| 15 | Montesano | Run Forest Run – 31 or 15.5 mile run/walk |
| 22 | Olympia | ROAD-odend-RUN – 6 mile relay run/walk and kids race |
| 22 | Steilacoom | Ft Steilacoom Resolution Run 15k/15 Mile – 15, 9.3 or 3.1 mile run/walk |
| 23 | Shoreline | Lunar New Year 5k – 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 | 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 |