



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

4	5	6	7	1	2	3
11	12	13	14	8	9	10
18	19	20	21	15	16	17
25	26	27	28	22	23	24
				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

5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			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		
4	Tacoma	Point Ruston Independence Day 5k – 3.1 mile run/walk
4	Federal Way	Miles for Meso – 3.1 mile run/walk and kids dash
9-10	Blaine-Langley	Northwest Passage Ragnar – Varies 13.9-22.1 mile relay
10	Bellingham	Lake Whatcom Triathlon – Olympic or Sprint Triathlon and Youth Aquathon
11	Port Orchard	Yukon Do It! Summer Edition 2021 – 13.1, 6.2 or 3.1 mile run/walk
11	Tonasket	Get Lost Trail Race – 14, 7 or 3 mile run/walk
17	Seattle	Refuse to Abuse – 3.1 mile run/walk
17	Mukilteo	Inspiring Hope Run – 6.2 or 3.1 mile run/walk and kids dash
17	McCleary	The Dirty Dash – 3.1 mile obstacle course
17	Buckley-Orting	Buckley to Orting Half Marathon – 13.1 mile or 6.2 mile run/walk
24	Seattle	The Tenacious Ten – 10 or 6.2 mile run/walk
24-25	North Bend	Jack and Jill Downhill Marathon – 26.2 or 13.1 mile run/walk
31	Seattle	Seafair Torchlight Run – 5 or 3.1 mile run/walk
31	Issaquah	Tiger Peak Challenge – 31.1, 13.2 or 5 mile run/walk
AUGUST		
1	Port Angeles	Ride the Hurricane – 100, 40 or 25 mile bike ride
7	Sequim	Tour de Lavender – 62 or 34 mile bike ride
7	Monroe	Lake Tye Triathlon – Sprint or Olympic triathlon and youth triathlon
7	Washougal	Spartan Sprint – 3.1 mile obstacle course
7	Gig Harbor	Galloping Gertie Half Marathon, 10k & 5k – 13.1, 6.2 or 3.1 mile run/walk
7	Cle Elum	Suncadia Half and 5k – 13.1 or 3.1 mile run/walk and Kids race
14	Ocean Shores	Run S'More 5k – 3.1 mile run/walk
14	Newcastle	Cougar Mountain Trail Run – 26.2, 14.5 or 3.1 mile run/walk
14	Vancouver	Girlfriends Triathlon & Fitness Festival – 6.2 or 3.1 mile run/walk and kids tri
15	Vancouver	Girlfriends Triathlon & Fitness Festival – Sprint or Olympic triathlon
15	North Bend	Tunnel Vision – 26.2 mile run/walk
21	Coupeville	Tour de Whidbey – 162, 100, 67, 50, 33 or 10 mile bike ride
21	Gig Harbor	US Bank Family Fun Run – 3.1 mile run/walk and kids dash
21	Tacoma	Parkland Pace or Race – 3.1 mile run/walk
22	North Bend	Iron Horse Half Marathon – 26.2 or 13.1 mile run/walk
28	Seattle	Seattle Marathon Summer 5k/10k – 9.3, 6.2 or 3.1 mile run/walk and kids fun
SEPTEMBER		
4	Bonney Lake	Bonney Lake Triathlon – Sprint or Olympic triathlon
11	Auburn	Pacific Runderland – 3.1 mile run/walk and kids run
11	Lake Stevens	Lake Stevens Triathlon – Sprint or Olympic triathlon and Sprint or Olympic ParaAthlete
11	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run/walk
11	Vashon Island	Passport 2 Pain – 80, 50, 30 or 12 mile bike ride
11	Snohomish	Spartan Beast – 13 mile obstacle course and kids obstacle course
11	Friday Harbor	San Juan Island Half – 13.1 mile run/walk and kid's race
11	Lake Sammamish	Ragnar Sunset Seattle – 7.26 mile run/walk (Team of 4)
12	Friday Harbor	San Juan Island Half – 13.1 mile run/walk
12	North Bend	Tunnel Light Marathon – 26.2 mile run/walk
12	Mukilteo	Run-a-Muk – 6.2 or 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