



SOUND HEALTH & WELLNESS TRUST

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

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER

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27	28	29	30			

DECEMBER

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

Date	City	Event Name and Description
OCTOBER		
1	Leavenworth	Oktoberfest Marathon – 26.2 or 13.1 mile run/walk
2	Seattle	Base 2 Space – Stair Climb
2	Burien	Burien Brat Trot – 3.1 or 1 mile run/walk
2	Shelton	Shuck N Share – 3.1 mile run/walk
2	Issaquah	Run with the Fishes – 13.1 or 6.2 mile run/walk
8	Fall City	Fall City Half Marathon – 3.1 mile run/walk
8	Pt. Defiance	Defiance 50k – 31, 18.6 or 9.3 mile trail run
8	Shoreline	Monster Mash Dash – 3.1 mile run/walk
9	Snohomish	Snohomish River Run – 13.1 or 6.2 mile run/walk
15	Bellingham	Lake Padden Trail Half – 13.1 or 3.1 mile run/walk
16	Lakewood	Ft. Steilacoom Trail Run – 31, 26.2, 13.1, 6.2 or 3.1 mile trail run
22	Tacoma	Black Cat Run – 5 or 2.5 mile run/walk and kid's race
22-23	Vancouver BC	Rock n Roll Oasis – 13.1 or 6.2 mile run/walk
23	Redmond	Husky vs Cougar Rivalry Clash – 6.2 or 3.1 mile run/walk
30	Seattle	Run Scared – 3.1 mile run/walk and kid's dash
NOVEMBER		
5	Kent	In Unity We Run – 26.2 or 13.1 mile run/walk
5	Spokane	Sugar Rush Spokane – 6.2 or 3.1 mile run/walk
5	Seattle	Mustache Dache – 3.1 mile run/walk
6	Lacey	Turn Back The Clock – 13.1, 6.2 or 3.1 mile run/walk
6	North Bend	Pineapple Classic – 3.1 mile run/walk
12	Redmond	Poultry Predictor – 3.1 mile run/walk
12	Mount Vernon	Fowl Fun Run – 6.2 or 3.1 mile run/walk
19	Bellingham	Turkey Trot Bellingham – 3.1 mile run/walk
19	Pt. Townsend	Turkey Trot Port Townsend – 3.1 mile run/walk and kid's dash
20	Seattle	Greenlake Gobble – 6.2 or 3.1 mile run/walk
24	Issaquah	Turkey Trot Issaquah – 3.1 mile run/walk
24	Gig Harbor	Turkey Trot Gig Harbor – 6.2 or 3.1 mile run/walk
24	Tacoma	Turkey Trot Tacoma – 3.1 mile run/walk and kid's run
24	Seattle	Turkey Trot Seattle – 3.1 mile run/walk
24	Bainbridge	Turkey Trot Bainbridge – 3.1 or 1 mile run/walk
27	Seattle	Seattle Marathon – 26.2 or 13.1 mile run/walk
DECEMBER		
3	Bellingham	Fairhaven Frosty – 6.2 or 3.1 mile run/walk
3	Port Orchard	Jingle Bell Run Pt. Orchard – 3.1 mile run/walk and kid's run
3	Puyallup	Reindeer Run – 6.2 or 3.1 mile run/walk and kid's dash
3	Spokane	Jingle Bell Run – 3.1 mile run/walk and kid's run
3	Redmond	Ugly Sweater Run – 3.1 mile run/walk
10	Bellingham	Jingle Bell Run Bellingham – 3.1 mile run/walk
10	Tacoma	Santa Runs Tacoma – 13.1, 6.2 or 3.1 mile run/walk and kid's run

MORE TO COME!

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.



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	Requirement
1	LiveWell branded water bottle	1 LW Fit event
2	LiveWell branded technical t-shirt	2 LW Fit events
3	Bonus LiveWell fit event reimbursement	3 LW Fit events
4	Option of Garmin Forerunner 15 GPS, Fitbit One/Flex/Charge HR, iPod Nano, reimbursement of running/biking shoes ^(*)	4 LW Fit events