

# LiveWell Fit

## Get out and move with Team Sound Health.

The Trust will reimburse participants, including covered family members, for up to four events per calendar year. In order to be eligible for event fee reimbursement, register for your event and then call the Trust at (800) 225-7620, option 2, then option 5, or notify us online, at least one week before the event to reserve your spot.

Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for more information.

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Look for these icons throughout the year to see what counts towards HRA Funding.



A PROGRAM OF THE SOUND HEALTH & WELLNESS TRUST

City	Event Name and Description
17 Spokane	<b>Glow in the Park 5k</b> - 3.1 mile run/walk
17 Carnation	<b>Beat the Blerch</b> - 26.2, 13.1 or 6.2 mile run/walk
17 Lakewood	<b>Run Wild</b> - 4.8 or 3.1 mile run/walk
17 Port Angeles	<b>GOAT Run</b> - 26.2 or 13.1 mile trail run
17-18 Spokane	<b>Cycle the Silver Valley</b> - 100, 75, 50, 35, 25 or 20 mile bike ride
18 North Bend	<b>The Light at the End of the Tunnel Marathon</b> - 26.2 mile run/walk
18 Bellevue	<b>Cycle the Wave</b> - 70, 46, 29 or 12 mile bike ride or 3.1 mile run/walk
24 Spokane	<b>Happy Girls Run Spokane</b> - 13.1, 6.2 or 3.1 mile run/walk
24 Quilcene	<b>Quilcene Oyster Run</b> - 13.1, 6.2 or 3.1 mile run/walk
24 Kirkland	<b>Get Your Rear in Gear</b> - 3.1 mile run/walk and kid's dash
24 Seattle	<b>Seattle AIDS Walk</b> - 3.1 mile run/walk
25 Kenmore	<b>Kilometers for Cancer</b> - 6.2 or 3.1 mile run/walk and kid's dash
25 Gig Harbor	<b>Race for a Soldier</b> - 13.1 or 3.1 mile run/walk
25 Bellingham	<b>Bellingham Bay Marathon</b> - 26.2, 13.1, 6.2 or 3.1 mile run/walk
25 Kitsap	<b>Kitsap Color Classic</b> - 57, 37 or 25 mile bike ride
25 Seattle	<b>Fremont Alpine Climb 5K</b> - 3.1 mile run/walk
1 Leavenworth	<b>Oktoberfest Marathon</b> - 26.2 or 13.1 mile run/walk
2 Seattle	<b>Base 2 Space</b> - Stair Climb
2 Burien	<b>Burien Brat Trot</b> - 3.1 or 1 mile run/walk
2 Shelton	<b>Shuck N Share</b> - 3.1 mile run/walk
2 Issaquah	<b>Run with the Fishes</b> - 3.1 mile run/walk and kid's dash
8 Fall City	<b>Fall City Half Marathon</b> - 13.1 or 6.2 mile run/walk
8 Point Defiance	<b>Defiance 50k</b> - 31, 18.6 or 9.3 mile trail run
8 Shoreline	<b>Monster Mash Dash</b> - 3.1 mile run/walk
9 Snohomish	<b>Snohomish River Run</b> - 13.1 or 6.2 mile run/walk
15 Bellingham	<b>Lake Padden Trail Half</b> - 13.1 or 3.1 mile run/walk

Reimbursement varies. Please visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for full details.

# LiveWell Fit FAQ

Join Team Sound Health in local events and the Trust will reimburse your registration fees for four events per calendar year.

**Q: What will I receive for participating in a LiveWell Fit event?**

A: Covered participants will receive a fee reimbursement check in the mail for up to four events per calendar year if they, 1.) Pre-register with the event organizer, 2.) Notify the Trust at least one week before the event, and 3.) Sign a reimbursement form at the event. Be sure to keep your registration receipt after registering with the event organizer. Fees are different for different events, so your reimbursement will vary. If eligible for a Health Reimbursement Arrangement (HRA) you may also earn HRA funding. In addition, we offer several mile marker rewards for participating. You will receive up to four mile marker rewards as you participate in events. (Each mile marker reward is earned only once and does not start over each calendar year.) After you hit your first mile marker by completing your first event you will receive a LiveWell water bottle.

**Q: What is the Bring a Buddy program and how does it work?**

A: If a covered Trust employee or covered spouse who has not participated in a LiveWell Fit event before registers for the same LiveWell Fit event as you as your "buddy," you both will be entered in the Bring a Buddy raffle for the chance to win a **\$300 VISA gift card**. You can be entered to win up to four times for bringing first time LiveWell Fit Trust participants to up to four LiveWell Fit events (you are eligible for one entry per event even if you bring multiple buddies). To be eligible you must both be registered, you must both notify the Trust a week before the event and you must both participate in the event. *Please note that to be entered to win, participants must be 18 years or older.*

**Q: Will my family's fees be reimbursed for a LiveWell Fit event?**

A: Yes, for family members covered under your Trust medical plan. Some races have age requirements. If you are unsure if your child or spouse is covered on your plan, please call the Trust's eligibility department at (800) 225-7620 option 2, then option 2.

**Q: How can I be sure I will be reimbursed?**

A: Once you have registered for an event, and *at least one week before your event*, you must call the Trust office at (800) 225-7620 option 2, then option 5. You must also attend and participate in the event. After filling out the reimbursement form and turning your registration fee receipt in to your Wellness Coordinator at the event, you can expect your reimbursement check in the mail in about three to four weeks.

**Q: I purchased an event T-shirt or have other expenses associated with the event, will the Trust reimburse this amount as well?**

A: No, only event registration fees will be reimbursed by the Trust.

**Q: I forgot my receipt at home; can I still turn it in for reimbursement?**

A: Yes, you can mail in the completed reimbursement form you received at the event from the Trust's Wellness Coordinator with your receipt after the event.

**Q: What if I can't make it to the event that I registered for, will I still be reimbursed?**

A: No, you must participate in the event to be eligible for reimbursement.

**Q: I registered for an event but forgot to call the Trust office to confirm my spot. Will I be reimbursed?**

A: No, if you do not call the Trust one week prior to the event you will not be reimbursed.

**Q: This is my first event! How should I prepare?**

A: Getting from the couch to your first 5K is easier than you think! The Trust has personal and confidential health coaches available to you at no cost, to help you create a plan and meet your exercise goals. Call to begin working with a coach today: (877) 362-9969 option 3.

**Q: How will I find the Trust Wellness Coordinator at the event?**

A: You will receive a confirmation email 1-2 days prior to your event notifying you of the meeting location and time. Look for the Sound Health & Wellness Trust signs. The Wellness Coordinator will be the person in the lime green hat.

**Q: What if an event I'm interested in is not on the list?**

A: Gather a group of six plan participants from your workplace and call the Trust office at (800) 225-7620 option 2, then option 5 to become a team leader and request reimbursement for your group in your chosen event.

**Q: I would like to register for more than one event, is there a limit?**

A: You can be reimbursed for up to four events per calendar year. Though once you reach three events, we'll reimburse you for a fifth event.

**Q: I would like to put together a LiveWell Fit event team at my workplace. Can you help?**

A: Yes, absolutely! Call the Trust at (800) 225-7620 option 2, then option 5 to be put in touch with your regional Wellness Coordinator who can help you get a team started for the LiveWell Fit. Way to lead!



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