



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

### FEBRUARY

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

### MARCH

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

### APRIL

2	3	4	5	6	7	1
9	10	11	11	13	14	8
16	17	18	19	20	21	15
23	24	25	26	27	28	22
30						29

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



Date	City	Event Name and Description
<b>FEBRUARY</b>		
4	Olympia	<b>Geoduck Gallop</b> – 13.1 or 6.2 mile run/walk
11	Spokane	<b>Partner's in Pain 5k</b> – 3.1 mile run/walk
11	Bellingham	<b>Fragrance Lake Half 10k</b> – 13.1 or 6.2 mile run/walk and kid's run
11	Woodinville	<b>Run or Wine</b> – 3.1 mile run/walk
11	Olympia	<b>Valentine's Day 5k</b> – 3.1 mile run/walk
12	Seattle	<b>Love 'em or Leave 'em Valentine's Day Run</b> – 6.2 or 3.1 mile run/walk and kid's dash
12	Blaine	<b>Birch Bay International Marathon</b> – 26.2 or 13.1 mile run
12	Seattle	<b>My Better Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk
18	Seattle	<b>President Day Weekend</b> – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
19	Olympia	<b>ROAD-odend-RUN</b> – 3.1 mile run/walk and kid's run
26	Bainbridge	<b>Chilly Hilly</b> – 33 mile bike ride
<b>MARCH</b>		
4	Spokane	<b>Snake River Canyon Half</b> – 13.1 mile run/walk
4	Redmond	<b>Lake Sammamish Half Marathon</b> – 13.1 mile run/walk
4	Seattle	<b>March Fourth Fun Run</b> – 6.2 or 3.1 mile run/walk
4	Bellingham	<b>Stewart Mountain Half/10k</b> – 13.1 or 6.2 mile run/walk
5	Seattle	<b>Hot Chocolate Run</b> – 9.3 or 3.1 mile run/walk
11	Bellingham	<b>Runnin 'O' the Green</b> – 5 or 3 mile run/walk
11	Tacoma	<b>St. Paddy's Day Run</b> – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
11	Burlington	<b>Shamrock Shuffle</b> – 3.1 mile run/walk
12	Seattle	<b>St. Patrick's Day Dash</b> – 3.1 mile run/walk and kid's dash
18	Seattle	<b>Spring into Action</b> – 13.1, 6.2 or 3.1 mile run/duathlon
19	Mercer Island	<b>Mercer Island Rotary Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
19	Olympia	<b>Friendship Run</b> – 6.2 or 3.1 mile run/walk
25	Spokane	<b>Superhero Fun Run</b> – 6.2 or 3.1 mile run/walk
26	Seattle	<b>Big Climb Seattle</b> – Stair climb
<b>APRIL</b>		
1	Blaine	<b>Birch Bay Road Race</b> – 18.6, 9.3 or 3.1 mile run/walk
1	Port Angeles	<b>OAT Run</b> – 13.1 mile run/walk
2	Spokane	<b>Walk MS Spokane</b> – 3.1 mile run/walk
8	Burlington	<b>Tulip Run</b> – 5 or 2 mile run/walk
8	Tulalip	<b>Walk MS Snohomish</b> – 3.1 mile run/walk
9	Seattle	<b>Walk MS Seattle</b> – 3.1 mile run/walk
9	Everett	<b>The Everett Half</b> – 13.1 or 6.2 mile run/walk
9	Renton	<b>Seahawks 12k</b> – 7.5 or 3.1 mile run/walk and kid's run
15	Wenatchee	<b>Wenatchee Marathon</b> – 26.2, 13.1 or 6.2 mile run/walk
22	Seattle	<b>Earth Day</b> – 13.1, 6.2 or 3.1 mile run/walk and kid's run
22	Spokane	<b>Steps for Autism</b> – 6.2 or 3.1 mile run/walk
23	Spokane	<b>Spokane River Run</b> – 31, 15.5, 6.2 or 3.1 mile run/walk
23	Snohomish	<b>Spartan Race</b> – 8-10 mile obstacle course
23	Whidbey Island	<b>Whidbey Island Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run
23	Spokane	<b>Race for the Cure Spokane</b> – 3.1 or 1 mile run/walk
23	Bellevue	<b>All in for Autism</b> – 6.2 or 3.1 mile run/walk
29	Redmond	<b>Mud and Chocolate Trail Run</b> – 4.5 mile run
30	Redmond	<b>Mud and Chocolate Trail Run</b> – 13.1 mile run

**MORE TO COME!**

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<sup>(\*)</sup> 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](http://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.

<sup>(\*)</sup> 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<sup>(\*)</sup> (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 <sup>(*)</sup>	4 LW Fit events