



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.

MARCH

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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	

APRIL

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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						

MAY

	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			

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



Date	City	Event Name and Description
MARCH		
25	Spokane	Superhero Fun Run – 6.2 or 3.1 mile run/walk
26	Olympia	Friendship Run – 6.2 or 3.1 mile run/walk
26	Seattle	Big Climb Seattle – Stair climb
APRIL		
1	Blaine	BirchBay Road Race – 18.6, 9.3 or 3.1 mile run/walk
1	Port Angeles	OAT Run – 13.1 mile run/walk
1	Olympia	Run Like a Fool 5k – 3.1 mile run/walk
2	Spokane	Walk MS Spokane – 3.1 mile run/walk
8	Burlington	Tulip Run – 5 or 2 mile run/walk
8	Tulalip	Walk MS Snohomish – 3.1 mile run/walk
9	Seattle	Walk MS Seattle – 3.1 mile run/walk
9	Everett	The Everett Half – 13.1 or 6.2 mile run/walk
9	Renton	Seahawks 12k – 7.5 or 3.1 mile run/walk and kid's run
9	Orting	Daffodil Classic – 100, 60, 40 or 30 mile bike ride
15	Wenatchee	Wenatchee Marathon – 26.2, 13.1 or 6.2 mile run/walk
15	La Conner	Tulip Pedal – 62, 40 or 20 mile bike ride
22	Seattle	Earth Day – 13.1, 6.2 or 3.1 mile run/walk and kid's run
22	Spokane	Steps for Autism – 6.2 or 3.1 mile run/walk
22	Bellingham	Fun with the Fuzz – 3.1 mile run/walk
22-23	Snohomish	Spartan Race – 8-10 mile obstacle course
23	Spokane	Spokane River Run – 31, 15.5, 6.2 or 3.1 mile run/walk
23	Whidbey Island	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run
23	Spokane	Race for the Cure Spokane – 3.1 or 1 mile run/walk
23	Bellevue	All in for Autism – 6.2 or 3.1 mile run/walk
29	Redmond	Mud and Chocolate Trail Run – 4.5 mile run
29	Mount Vernon	Have a Heart Run – 3.1 or 2.5 mile run/walk and kid's run
29	Seattle	Soaring Eagle Trail Run – 26.2, 20, 13.1, 10 or 5 mile run/walk
29	Tacoma	Pearl Foundation of Puget Sound 5k – 3.1 mile run/walk
29	Tumwater	Race Against Trafficking 5k – 3.1 mile run/walk
30	Redmond	Mud and Chocolate Trail Run – 13.1 mile run
30	Tacoma	Tacoma City Marathon – 26.2, 13.1 or 3.1 mile run/walk, 13.1 mile relay and kid's marathon
30	Seattle	Top Pot Doughnut Dash – 3.1 or 1 mile run/walk
MAY		
6	Seattle	Fiesta 5k Ole – 3.1 mile run/walk
6	Bellingham	Haggen to Haggen – 3.1 mile run/walk
6	Arlington	Color Vibe 5k – 3.1 mile run/walk
6	Tacoma	Cinco de Mayo 5k – 3.1 mile run/walk
7	Seattle	Bike-n-Brews – 30 mile bike ride
7	Spokane	Bloomsday – 7.46 mile run/walk
13	Burlington	Skagit Spring Classic – 62, 45 or 25 mile bike ride
13	Mukilteo	Inspiring Hope Run – 6.2 or 3.1 mile run/walk
13	Mount Vernon	Run for Your Mum – 3.1 or 1.5 mile run/walk
13	Tacoma	REACH for College 5k – 3.1 mile run/walk
14	Seattle	Color Run – 3.1 mile run/walk
14	Kirkland	Kirkland Half/Mother's Day Half – 13.1 or 3.1 mile run/walk and kid's dash
20	Bothell	UW Bothell Husky 5k – 3.1 mile run/walk
20	Poulsbo	Viking Fest Road Race – 3.1 or 1 mile run/walk
21	Olympia	Capital City Marathon – 26.2, 13.1, or 5 mile run/walk and kid's run
21	Seattle	Beat the Bridge – 4.97, 3 or 1 mile run/walk and kid's dash
21	Poulsbo	The Viking Tour – 58, 31 or 15 mile bike ride

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^(*) 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