



# 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.

### 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			

### JUNE

				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	

New events added each month! Be sure to check the website for the most up to date calendar.

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



Date	City	Event Name and Description
<b>MAY</b>		
6	Seattle	<b>Fiesta 5k Ole</b> – 3.1 mile run/walk
6	Bellingham	<b>Haggen to Haggen</b> – 3.1 mile run/walk
6	Arlington	<b>Color Vibe 5k</b> – 3.1 mile run/walk
6	Tacoma	<b>Cinco de Mayo 5k</b> – 3.1 mile run/walk
7	Seattle	<b>Bike-n-Brews</b> – 30 mile bike ride
7	Spokane	<b>Bloomsday</b> – 7.46 mile run/walk
13	Burlington	<b>Skagit Spring Classic</b> – 62, 45, or 25 mile bike ride
13	Mukilteo	<b>Inspiring Hope Run</b> – 6.2 or 3.1 mile run/walk
13	Mount Vernon	<b>Run for Your Mum</b> – 3.1 or 1.5 mile run/walk
13	Tacoma	<b>REACH for College 5k</b> – 3.1 mile run/walk
14	Seattle	<b>Color Run</b> – 3.1 mile run/walk
14	Kirkland	<b>Kirkland Half/Mother's Day Half</b> – 13.1 or 3.1 mile run/walk and kid's dash
20	Bothell	<b>UW Bothell Husky 5k</b> – 3.1 mile run/walk
20	Poulsbo	<b>Viking Fest Road Race</b> – 3, 1 or 1 mile run/walk
20	Spokane	<b>Color Me Rad</b> – 3.1 mile run/walk
21	Olympia	<b>Capital City Marathon</b> – 26.2, 13.1 or 5 mile run/walk and kid's run
21	Seattle	<b>Beat the Bridge</b> – 4.97, 3 or 1 mile run/walk and kid's dash
21	Poulsbo	<b>The Viking Tour</b> – 58, 31 or 15 mile bike ride
21	Port Townsend	<b>Rhody Run</b> – 7.46 or 3.7 mile run/walk
21	Seattle	<b>West Seattle 5k</b> – 3.1 mile run/walk
27	Seattle	<b>Magnuson Series Memorial Day Weekend</b> – 9.3, 6.2 or 3.1 mile run/walk
27	Bonney Lake	<b>Insane Inflatable 5k</b> – 3.1 mile obstacle course
28	Bellingham	<b>Ski to Sea</b> – 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
28	Spokane	<b>Priest Lake Spring Festival Run</b> – 13.1, 6.2 or 3.1 mile run/walk and kid's dash

Date	City	Event Name and Description
<b>JUNE</b>		
3	Seattle	<b>Survivor Mud Run</b> – 3.32 mile obstacle course
3	Maple Valley	<b>Lake Wilderness Triathlon</b> – Olympic tri, sprint tri, kids tri, relay, 13.1, 6.2 or 3.1 mile run/walk
4	Woodinville	<b>Wine Ride</b> – 30 mile bike ride
4	Sequim	<b>North Olympic Discovery Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's marathon
4	Seattle	<b>Race For The Cure</b> – 3.1 or 1 mile run/walk and kid's run
4	Cle Elem	<b>Teaway Trail Run</b> – 26.2, 13.1, 6.2 or 3.1 mile trail run/walk
10	Redmond	<b>Flying Wheels</b> – 100, 67, 45 or 23 mile bike ride
10	Tacoma	<b>Sound To Narrows</b> – 7.46 or 3.1 mile run/walk and junior shuffle
10	Anacortes	<b>Tesoro March Point Run</b> – 13.1, 6.2, or 3.1 mile run/walk and .5 kid's run
11	Seattle	<b>Shore Run Walk</b> – 6.2 or 3.1 mile run/walk
11	Redmond	<b>Big Backyard 5k</b> – 3.1 mile run/walk and kid's run
17	Long Beach	<b>Beach To Chowder</b> – 6.2 or 3.1 mile run/walk
17	Spokane	<b>Tour de Cure</b> – 100, 50, 25 or 10 mile bike ride and 1.5 mile walk
16-18	Seattle	<b>Muddy Mortal</b> – 3.1 mile or 1 mile obstacle course
18	Seattle	<b>Rock 'n' Roll Marathon</b> – 26.2 or 13.1 mile run/walk
24	Port Orchard	<b>Hot Foot 5k</b> – 3.1 mile run/walk
24	Bellingham	<b>Lake Padden Tri</b> – Sprint tri, sprint tri relay, super sprint tri, super sprint
24	McCleary	<b>Dirty Dash</b> – 3.1 mile mud obstacle course
24	Mukilteo	<b>Sneakers &amp; Sirens Run</b> – 6.2 or 3.1 mile run/walk
25	Puyallup	<b>Tour de Pierce</b> – 50, 30 or 12 mile bike ride

**MORE EVENTS TO COME!**



# 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