



# 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.

### JULY

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					

### AUGUST

		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.



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

Date	City	Event Name and Description
<b>JULY</b>		
1	Bellingham	Rise Up 5k – 3.1 mile run/walk and 1 mile march
4	Bainbridge Island	Bainbridge Island Fun Run – 3.1 mile run/walk and kid's dash
4	Wenatchee	River Run on the Fourth 5k and 10k – 6.2 or 3.1 mile run/walk
7	Seattle	Seattle Night Ride – 15 mile bike ride
8	Bellingham	Chuckanut Foot Race – 7 mile trail race
8	Spokane	Dirty Dash Spokane – 3.1 mile run/walk and kid's dash
9	Spokane	Valley Girl Triathlon – Sprint Triathlon
14-15	Blaine-Langley	Northwest Passage Ragnar – 13.9-19.1 mile relay run
15	Kent	Kent Cornucopia Days – 3.1 mile run/walk
15	Seattle	Refuse to Abuse – 3.1 mile run/walk
15	Olympia	Lake Fair Run – 13.1, 4.9 or 1.8 mile run/walk and kid's run
15	Tacoma	Color in Motion – 3.1 mile run/walk
15	Snohomish	KLA HA YA BEATS 5k – 6.2 mile or 1 mile run/walk and kid's run
15-16	Seattle to Portland	STP – 200 mile bike ride
16	Lynden	Raspberry 5k Fun Run/Walk – 3.1 mile run/walk
22	Tacoma	Swan Creek 5k – 3.1 mile run/walk
22	Puyallup	Bubble Run – 3.1 mile run/walk
22	Ellensburg	Ellensburg Carey Lake Runs – 6.2 or 3.1 mile run/walk
23	Seattle	Seafair Triathlon – Olympic triathlon, Olympic duathlon, Sprint triathlon or relays and kid's triathlon
29	Bellingham	Tour de Whatcom – 100, 62, 50 or 22 mile bike ride
29	Lake Stevens	Aqua Run – 6.2, 3.1 or 1 mile run/walk
29	Seattle	Seafair Torchlight Run – 4.97 or 3.1 mile run/walk
29	Spokane	Strides for Strong Bones – 6 or 3 mile run/walk
29-30	North Bend	Jack and Jill's Downhill Marathon – 26.2 or 13.1 mile run/walk
30	Kitsap	Route Canal Ride – 100 mile bike ride

Date	City	Event Name and Description
<b>AUGUST</b>		
4	Steilacoom	Luma Glow Run – 3.1 mile run/walk
5	Anacortes	Anacortes Art Dash – 13.1, 6.2 or 3.1 mile run/walk
5	Sequim	Tour de Lavender – 62 or 34 mile bike ride
5	Steilacoom	Rally Round 4 Ultrasound – 13.1, 6.2 or 3.1 mile run/walk
5	Puyallup	Night Nation Run – 3.1 mile run/walk
5	Spokane	8 Lakes Leg Aches – 74, 45 or 30 mile bike ride
6	Tacoma	Unleashed at Stadium Bowl – Stair Climb
6	Bellingham	Miles for Memories 5k – 3.1 mile run/walk
12	Monroe	Lake Tye Triathlon – Sprint triathlon, Olympic triathlon, Youth triathlon
12	Coupeville	Race the Reserve – 26.2, 3.1, 6.2 or 3.1 mile run/walk
12	Gig Harbor	Galloping Gertie Half – 13.1, 6.2 or 3.1 mile run/walk
13	Seattle	Lake Union 10k – 6.2 mile run/walk
13	Bainbridge Island	Bike for Pie – 38 or 8 mile bike ride
18-19	Seattle	RSVP – 175 mile bike ride
19	Sequim	Valley of the Trolls – 13.1, 6.2 or 3.1 mile run/walk
19	Tacoma	Tacoma Narrows Half – 13.1 mile run/walk
20	Wenatchee	Color Rush – 3.1 mile run/walk
20	Monroe	Evergreen Half – 13.1, 6.2 or 3.1 mile run/walk
20	Bellingham	Dog Days of Summer – 3.1 mile run/walk
23	Tacoma	Thirsty Summer Nights – 3.1 mile run/walk
26	Seattle	Seattle Marathon 10k – 6.2 mile run/walk
26	Mukilteo	Run-a-Muk – 6.2 or 3.1 mile run/walk
26	Everett	Bubble Run – 3.1 mile run/walk and kid's run

**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(\*) 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.

(\*) 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