



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.

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		

September

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October

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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
AUGUST		
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 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
26	Stanwood	Kids 2 Camp Benefit Run – 6.2, 3.1 or 1 mile run/walk
27	Bellingham	Chuckanut Century – 100, 62, 38, 25 or 10 mile bike ride
27	Langley	Run Strong 5k Whidbey – 3.1 mile run/walk
27	Seattle	Cosmo 7k – 4.3 or 3.1 mile run/walk
28	Packwood	High Pass Challenge – 114 mile bike ride

SEPTEMBER		
3	Spokane	Great Northwest Fall Tour – 85, 50, 30 or 15 mile bike ride
6	Bothell	Names Foundation 5k/10k – 6.2 or 3.1 mile run/walk
9	Federal Way	Dash Point Trail Run – 13.1 or 6.2 mile run/walk
9	Lake Stevens	Lake Stevens Triathlon – Olympic, sprint or relay triathlon
9	Enumclaw	Black Diamond Triathlon – Sprint, long course triathlon or relay
9	Tacoma	Dog Gone Run – 2 mile run/walk
9	Seattle	Team Hope Walk – 3.1 mile run/walk
10	Spokane	Spokefest – 50, 21 or 9 mile bike ride
10	Burlington	Skagit Flats – 26.2 or 13.1 mile run/walk
10	Seattle	WOW Women of Wonder – 6.2 or 3.1 mile run/walk and kid's dash
16	Spokane	Glow in the Park 5k – 3.1 mile run/walk
16	Everett	Run with Heart 5k – 4.9 or 3.1 mile run/walk and kid's dash
16	Eatonville	Northwest Trek Run Wild – 4.9 or 3.1 mile run/walk and kid's dash
16	Lynden	Homestead 15 – 9.3 or 3.1 mile run/walk
16	Port Angeles	GOAT Run – 26.2 or 13.1 trail run/walk
16	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
16-17	Carnation	Beat the Blerch – 26.2, 13.1 or 6.2 mile run/walk
16-17	Spokane	Cycle the Silver Valley – 100, 75, 50, 35 or 20 mile bike ride
17	Bellevue	Cycle the Wave – 70, 46, 29, 12 or 2.5 mile bike ride
17	Quilcene	Quilcene Oyster Run – 13.1, 6.2 or 3.1 mile run/walk
23	Spokane	Happy Girls Run Spokane – 13.1, 6.2 or 3.1 mile run/walk
23	Bonney Lake	Warrior Dash – 3.1 mile obstacle
23	Redmond	Get Your Rear in Gear – 3.1 mile run/walk and kid's dash
24	Gig Harbor	Race for a Soldier – 13.1 or 3.1 mile run/walk
24	Bellingham	Bellingham Bay Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
24	Kitsap	Kitsap Color Classic – 57, 37, or 25 mile bike ride
30	Leavenworth	Oktoberfest Marathon – 26.2 or 13.1 mile run/walk
30	Kirkland	Oral Cancer Walk – 3.1 mile run/walk

OCTOBER		
1	Seattle	Base 2 Space – Stair Climb
1	Burien	Burien Brat Trot – 3.1 or 1 mile run/walk
7	Fall City	Fall City Half Marathon – 13.1 or 6.2 mile run/walk and kid's dash
7	Lakewood	Ft. Steilacoom Trail Run – 31, 26.2, 13.1, 6.2 or 3.1 mile trail run
7	Kenmore	St. Edwards Harvest Half – 13.1 or 6.2 mile trail run/walk
8	Shelton	Shuck N Share – 3.1 mile run/walk
8	Issaquah	Run with the Fishes – 3.1 mile run/walk and kid's dash
14	Leavenworth	Oktoberfest Trail Runs – 10 or 5 mile trail run and kid's race
14	Point Defiance	Defiance 50k – 31, 18.6 or 9.3 mile trail run
14	Bellingham	Lake Padden Trail Half – 13.1 or 3.1 mile trail run/walk

MORE 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 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