



# 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.

### SEPTEMBER

					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

### OCTOBER

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				

### NOVEMBER

			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		

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>SEPTEMBER</b>		
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 mile 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 course
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

<b>OCTOBER</b>		
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
15	Poulsbo	Poulsbo Half & 10k – 13.1 or 6.2 mile run/walk
15	Snohomish	Snohomish River Run – 26.2, 13.1 or 6.2 mile run/walk
21	Tacoma	Black Cat Run – 5 or 2.5 mile run/walk and kid's dash
22	Seattle	Dawg Dash – 6.2 or 3.1 mile run/walk
28	Monroe	Sky Valley Classic – 6.2, 3.1 or 1 mile run/walk
28	Coupeville	Catching Casper – 3.1 mile run/walk
28	Seattle	Halloween Run – 6.2 or 3.1 mile run/walk and obstacle course
29	Seattle	Run Scared – 6.2, 3.1 or 2.5 mile run/walk and kid's dash
29	Woodinville	Captain Jack's Treasure Run – 4.9 or 3.1 mile run/walk and kid's race

<b>NOVEMBER</b>		
4	Kent	In Unity We Run – 26.2 or 13.1 mile run/walk
4	Woodinville	Run or Wine – 3.1 mile run/walk
4	Spokane	Sugar Rush Spokane – 6.2 or 3.1 mile run/walk
5	Lacey	Turn Back The Clock – 13.1, 6.2 or 3.1 mile run/walk
5	North Bend	Pineapple Classic – 3.1 mile run/walk
18	Bellingham	Turkey Trot Bellingham – 3.1 mile run/walk
18	Issaquah	Grand Ridge Trail Runs – 31, 26.2, 13.1 or 5 mile run/walk
18	Port Townsend	Jumping Mouse 5k Turkey Trot – 3.1 mile run/walk and kid's dash
23	Issaquah	Turkey Trot Issaquah – 3.1 mile run/walk
23	Gig Harbor	Gig Harbor Turkey Trot – 6.2 or 3.1 mile run/walk
23	Wenatchee	Turkey on the Run – 7.5 or 3.1 mile run/walk and kid's race
23	Mukilteo	Turkey Trot Mukilteo – 6.2, 3.1 or 1 mile 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<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 Reward	Requirement
1	LiveWell branded water bottle	1 <sup>st</sup> LW Fit Event
2	LiveWell branded technical t-shirt	2 <sup>nd</sup> LW Fit Event
3	Bonus LiveWell Fit event reimbursement	3 <sup>rd</sup> LW Fit Event
4	Option of: GPS sports watch <sup>(*)</sup> , Fitbit <sup>(*)</sup> , iPod Nano <sup>(*)</sup> , or reimbursement of running/biking shoes <sup>(*)</sup>	4 <sup>th</sup> LW Fit Event