



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.

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		

DECEMBER

					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
OCTOBER		
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	Salish to Salish – 6.2 mile run/walk
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
29	Seattle	Run Scared – 6.2, 3.1 or 2.5 mile run/walk and kid's race
29	Woodinville	Captain Jack's Treasure Run – 4.9 or 3.1 mile run/walk and kid's race
29	Spokane	Monster Dash – 3.1 mile run/walk and kid's fun run
NOVEMBER		
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
11	Mount Vernon	Fowl Fun Run – 6.2 or 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
19	Seattle	Greenlake Gobble – 6.2 or 3.1 mile run/walk and kid's run
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
23	Woodinville	Turkey Trot Woodinville – 3.1 mile run/walk
23	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kid's run
23	Bainbridge Island	Bainbridge Island Turkey Trot – 3.1 mile run/walk and kid's dash
23	Seattle	Turkey Trot Seattle – 3.1 mile run/walk
26	Seattle	Seattle Marathon – 26.2 or 13.1 mile run/walk
DECEMBER		
2	Bellingham	Fairhaven Frosty – 6.2 or 3.1 mile run/walk
2	Whidbey Island	Jingle Trail Run & Walk – 3.1 mile run/walk
2	Port Orchard	Jingle Bell Run Pt. Orchard – 3.1 or 1 mile run/walk and kid's run
2	Spokane	Jingle Bell Run – 3.1 mile run/walk and kid's run
2	Hoquiam	Ho Ho Hoquiam – 6.2, 3.1 or 2 mile run/walk
2	Redmond	Ugly Sweater Run – 3.1 mile run/walk
3	Snohomish	Chase the Grinch Outta Snohomish – 6.2 or 3.1 mile run/walk and kid's dash
9	Mukilteo	Dash to Diamond Knot Ho Ho Run – 6.2 or 3.1 mile run/walk and kid's run
9	Bellingham	Jingle Bell Run Bellingham – 3.1 mile run/walk
9	Tacoma	Santa Runs Tacoma – 13.1, 6.2 or 3.1 mile run/walk and kid's run
10	Seattle	Jingle Bell Run Seattle – 3.1 mile run/walk and kid's run
10	Fort Flagler	The Grinch Trail – 15.5 or 7.5 mile run/walk and kids' dash
16	Anacortes	Anacortes Jingle Bell Dash – 6.2 or 3.1 mile run/walk
16	Elma	Porter Creek Trail Run – 15.5, 6.2 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 Reward	Requirement
1	LiveWell branded water bottle	1 st LW Fit Event
2	LiveWell branded technical t-shirt	2 nd LW Fit Event
3	Bonus LiveWell Fit event reimbursement	3 rd LW Fit Event
4	Option of: GPS sports watch ^(*) , Fitbit ^(*) , iPod Nano ^(*) , or reimbursement of running/biking shoes ^(*)	4 th LW Fit Event