



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.

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						

JANUARY

	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			

FEBRUARY

				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			

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
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 Spokane – 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	Renton	K9 Candy Cane – 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
9	Kent	Christmas Rush – 6.2 or 3.1 mile run/walk
10	Seattle	Jingle Bell Run Seattle – 3.1 mile run/walk and kid's run
10	Fort Flagler	The Grinch Trail – 15.1 or 7.5 mile run/walk and kid's 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
17	Kirkland	12ks of Christmas – 7.5 or 3.1 mile run/walk and kid's dash
31	Port Orchard	Yukon Do It – 26.2 or 13.1 mile run

JANUARY

1	Seattle	Resolution Run 5k & Polar Bear Drive – 3.1 mile run/walk and kid's dash
6	Bothell	Worst Day of the Year Run – 6.2 or 3.1 mile run/walk
6	Steilacoom	Ft. Steilacoom Resolution Run – 5 or 3.1 mile run/walk
7	Bellingham	Annual Lake Samish Runs – 13.1 or 6.5 mile run
13	Olympia	Elvis Dash – 6.2 or 3.1 mile run/walk
13	Seattle	MLK Weekend Run – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
20	Woodinville	Stinky Spoke Poker Ride – 18 mile bike ride
20	Redmond	Rain Run – 13.1 mile run
27	Woodinville	Run or Wine – 3.1 mile walk
27	Tukwila	Tukwila to Alki – 13.1 mile run/walk
27	Steilacoom	Ft. Steilacoom Resolution Run – 10 or 6.2 mile run/walk
27	Puyallup	No Sun Fun Run – 3.1 or 1 mile run/walk

FEBRUARY

10	Bellingham	Hearty Party 5k – 3.1 mile run/walk
10	Spokane	Partners In Pain 5k – 3.1 mile run/walk
11	Seattle	Love Em Or Leave Em Valentine's Day Run – 6.2 or 3.1 mile run/walk and kid's dash
11	Blaine	BirchBay International Marathon – 26.2 or 13.1 mile run/walk
11	Seattle	My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
17	Bellingham	Fragrance Lake Half 10k – 13.1 or 6.2 mile run/walk and kid's race
17	Woodinville	Run or Wine – 3.1 mile run/walk
17	Sedro-Woolley	Woolley Trail Runs – 31.1, 26.2 or 13.1 mile run
17	Seattle	President Day Weekend – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
18	Olympia	ROAD odend RUN – 6 mile run/walk or 3 mile relay and kid's race
24	Steilacoom	Ft. Steilacoom Resolution Run – 15 or 9.3 mile run/walk
25	Bainbridge	Chilly Hilly – 33 mile bike ride

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 Sport Watch/Activity Tracker ^(*) , Fitbit ^(*) , or reimbursement of running/biking shoes*	4 th LW Fit Event