



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.

FEBRUARY

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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			

MARCH

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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

APRIL

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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
FEBRUARY		
3	Olympia	Geoduck Gallop – 13.1 or 6.2 mile run
10	Bellingham	Hearty Party 5k – 3.1 mile run/walk
10	Olympia	Valentine's Day 5k – 3.1 mile run/walk
10	Silverdale	Sweetheart 5k – 3.1 mile run/walk
10	Spokane	Partners In Pain 5k – 3.1 mile run/walk
10	Tacoma	Valentines 5k – 3.1 mile run/walk and kid's dash
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
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
24	Steilacoom	Ft. Steilacoom Resolution Run – 15 or 9.3 mile run/walk
25	Bainbridge	Chilly Hilly – 33 mile bike ride
25	Seattle	Lunar New Year 5k – 3.1 mile run/walk
MARCH		
3	Spokane	Snake River Canyon Half – 13.1 mile run/walk
3	Gold Bar	Wallace Falls Trail Run – 31, 22.4 or 13.1 mile trail run
4	Seattle	Hot Chocolate Run – 9.3 or 3.1 mile run/walk
10	Lake Stevens	C-Trail 5k & 10k – 6.2 or 3.1 mile run/walk
10	Redmond	Lake Sammamish Half Marathon – 13.1 mile run
10	Tacoma	H.I.T.the Trail 5k – 3.1 mile run/walk
10	Woodinville	Run or Wine – 3.1 mile run/walk
17	Leavenworth	O'Grady's St. Paddy's 5k – 3.1 mile run/walk
17	Bellingham	Runnin O the Green – 5 or 3.1 mile run/walk
17	Tacoma	Tacoma St. Paddy's Day Run – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
17	Seattle	Seattle St. Patrick's Day Dash – 3.1 mile run/walk and kid's dash
18	Mercer Island	Mercer Island Rotary Half Marathon – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
24	Snohomish	Run to Pieces 5k – 3.1 mile run/walk
24	Seattle	Spring Into Action – 9.3, 6.2 or 3.1 mile run/walk or duathlon and kid's dash
25	Seattle	Big Climb Seattle – Stair Climb
31	Spokane	Superhero Fun Run – 6.2 or 3.1 mile run/walk
APRIL		
7	Blaine	BirchBay Road Race – 18.6, 9.3 or 3.1 mile run/walk
7	Burlington	Tulip Run – 5 or 2 mile run/walk
8	Seattle	Walk MS Seattle – 3.1 mile run/walk
8	Everett	The Everett Half – 13.1 or 6.2 mile run/walk
14	Seattle	Spring Eagle Trail Run – 26.2, 20, 13.1, 6.2 or 3.1 mile run
14	Snohomish	Spartan Race Super – 8-10 mile run or 24-29 mile obstacles
15	Snohomish	Spartan Race Sprint – 3 mile run or 20-23 mile obstacles
15	Spokane	Walk MS Spokane – 3 or 1 mile run/walk
15	Renton	Seahawks 12k – 7.5 or 3.1 mile run/walk and kid's run
21	Wenatchee	Wenatchee Marathon – 26.2, 13.1 or 6.2 mile run/walk
21	Woodinville	Run or Wine – 3.1 mile run/walk
22	Spokane	Spokane River Run – 31 mile run/relay, 15.5, 6.2 or 3.1 mile
22	Whidbey Island	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run
28	Omak	Omak Orchards in Bloom – 13.1 or 6.2 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^(*) 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