



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.

MAY

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13	14	15	16	17	18	19
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27	28	29	30	31		

JUNE

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JULY

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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
MAY		
20	Spokane	Windermere Marathon & Half Marathon – 26.2 or 13.1 mile run/walk
20	Seattle	Beat The Bridge – 4.97, 3.1 or 1 mile run/walk
20	Poulsbo	The Viking Tour – 60, 30 or 15 mile bike ride
20	Port Townsend	Rhody Run – 7.5 or 3.7 mile run/walk
25	Puyallup	Black Light Run – 3.1 mile run/walk
26	Port Orchard	Fathoms 'O' Fun Seagull Splat Run – 3.1 mile run/walk
26	Sammamish	Soaring Eagle Trail Run – 31, 26.2, 13.1, 6.2 or 3.1 mile run
27	Seattle	Magnuson Series Memorial Weekend – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
27	Bellingham	Ski to Sea – 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
27	Spokane	Priest Lake Spring Festival Run – 13.1, 6.2 or 3.1 mile run/walk and kid's dash
JUNE		
2	Tri-Cities	Insane Inflatable 5k – 3.1 mile obstacle course
2	Cashmere	Red Devil Challenge Trail Runs – 31, 15 or 6.2 mile trail run
2	Redmond	Flying Wheels – 100, 67 or 47 mile bike ride
2	Maple Valley	Lake Wilderness Triathlon – Olympic, sprint and kid tri-relay, 13.1, 6.2 or 3.1 mile run/walk and kid's run
2-3	Sequim	North Olympic Discovery Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run
3	Monroe	Terrain Racing – 3.1 mile obstacle course
3	Cle Elum	Teaway Trail Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk
3	Redmond	Big Backyard 5k – 3.1 or 1 mile run/walk and kid's run
3	Seattle	Komen Race for the Cure – 6.2 or 3.1 mile run/walk
9	Tacoma	Sound to Narrows – 7.5 or 3.1 mile run/walk and kid's run
9	Port Townsend	Tour de Forts – 60.1, 26.4 or 11.5 mile bike ride
9	Seattle	The Super Run – 6.2 or 3.1 mile run/walk
9-10	Seattle	Rock-N-Roll Marathon – 26.2, 13.1 or 3.1 mile run/walk
10	Woodinville	Run or Wine 5k – 3.1 mile run/walk
10	Woodinville	Wine Ride – 21 mile bike ride
10	North Bend	Light at the End of the Tunnel Marathon – 26.2 mile run/walk
10	Seattle	Furry 5k – 3.1 or 1 mile run/walk
16	Chelan	Echo Valley Trail Run – 62, 31, 26.2, 13.1 or 6.2 mile run and 1 mile kid's run
16	Seattle	Solstice Run – 9.3, 6.2 or 3.1 mile run/walk and kid's run
16	Long Beach	Beach To Chowder – 6.2 or 3.1 mile run/walk
23	Anacortes	Tesoro March Point Run – 13.1, 6.2 or 3.1 mile run/walk
23	Manson	Deputy Saul Gallegos Memorial Run – 6.2, 3.1 or 2 mile run/walk
23	Bellingham	Lake Padden Triathlon – Sprint tri, sprint tri relay, super sprint tri, super sprint tri relay
23	Spokane	Dirty Dash Spokane – 3.1 mile run/walk and kid's dash
30	Port Orchard	Hot Foot 5k – 3.1 or 1 mile run/walk
30	McCleary	Dirty Dash McCleary – 3.1 mile obstacle course
July		
4	Wenatchee	River Run on the Fourth – 6.2 or 3.1 mile run/walk
8	Port Orchard	Yukon Do It! "Summer Edition" – 13.1 mile run
13-14	Blaine-Langley	NW Passage Ragnar – Varies 13.9-19.1 mile relay run
14	Spokane	Stride For Strong Bones – 6 or 3 mile run/walk
14	Puyallup	Bubble Run Puyallup – 3.1 mile run/walk
14	Kent	Kent Cornucopia Days 5k – 3.1 mile run/walk
14	Olympia	Lakefair Races – 26.2, 13.1, 4.97 or 1.8 mile run/walk
14	Tacoma	Color in Motion 5k – 3.1 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^(*) 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