**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.

### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>City</th>
<th>Event Name and Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>Chelan</td>
<td>Echo Valley Trail Run – 62, 31, 26.2, 13.1 or 6.2 mile run and 1 mile kid's run</td>
</tr>
<tr>
<td>16</td>
<td>Seattle</td>
<td>Solstice Run – 9.3, 6.2 or 3.1 mile run/walk and kid’s run</td>
</tr>
<tr>
<td>16</td>
<td>Long Beach</td>
<td>Beach to Chowder – 6.2 or 3.1 mile run/walk</td>
</tr>
<tr>
<td>23</td>
<td>Anacortes</td>
<td>Tesoro March Point Run – 13.1, 6.2 or 3.1 mile run/walk</td>
</tr>
<tr>
<td>23</td>
<td>Manson</td>
<td>Deputy Saul Gallegos Memorial Run – 6.2, 3.1 or 2 mile run/walk</td>
</tr>
<tr>
<td>23</td>
<td>Bellingham</td>
<td>Lake Padden Triathlon – Sprint tri, Sprint tri relay, Super</td>
</tr>
<tr>
<td>23</td>
<td>Spokane</td>
<td>Dirty Dash Spokane – 3.1 mile run/walk and kid's dash</td>
</tr>
<tr>
<td>30</td>
<td>Port Orchard</td>
<td>Hot Foot 5k – 3.1 or 1 mile run/walk</td>
</tr>
<tr>
<td>30</td>
<td>McCleary</td>
<td>Dirty Dash McCleary – 3.1 mile obstacle course and 1 mile kid's event</td>
</tr>
</tbody>
</table>

### JULY

<table>
<thead>
<tr>
<th>Date</th>
<th>City</th>
<th>Event Name and Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Wenatchee</td>
<td>River Run on the Fourth – 6.2 or 3.1 mile run/walk</td>
</tr>
<tr>
<td>7</td>
<td>Bellingham</td>
<td>Chuckanut Foot Race – 7 mile trail race</td>
</tr>
<tr>
<td>8</td>
<td>Port Orchard</td>
<td>Yukon Do It! “Summer Edition” – 13.1 mile run</td>
</tr>
<tr>
<td>13-14</td>
<td>Blaine-Langley</td>
<td>Northwest Passage Ragnar – Varies 13.9-19.1 mile relay run</td>
</tr>
<tr>
<td>14</td>
<td>Spokane</td>
<td>Strides For Strong Bones – 6 or 3 mile run/walk</td>
</tr>
<tr>
<td>14</td>
<td>Puyallup</td>
<td>Puyallup Bubble Run – 3.1 mile run/walk</td>
</tr>
<tr>
<td>14</td>
<td>Kent</td>
<td>Kent Cornucopia Days 5k – 3.1 mile run/walk</td>
</tr>
<tr>
<td>14</td>
<td>Olympia</td>
<td>Olympia Lakefair Races – 26.2, 13.1, 4.97 or 1.8 mile run/walk</td>
</tr>
<tr>
<td>14</td>
<td>Tacoma</td>
<td>Color in Motion 5k – 3.1 mile run/walk</td>
</tr>
<tr>
<td>14-15</td>
<td>Seattle-Portland</td>
<td>STP – 200 mile bike ride</td>
</tr>
<tr>
<td>15</td>
<td>Spokane</td>
<td>Valley Girl Triathlon – Sprint triathlon</td>
</tr>
<tr>
<td>21</td>
<td>Seattle</td>
<td>Refuse to Abuse – 3.1 mile run/walk</td>
</tr>
<tr>
<td>21</td>
<td>Tacoma</td>
<td>Swan Creek 5k – 3.1 mile run/walk</td>
</tr>
<tr>
<td>21</td>
<td>Buckley-Orting</td>
<td>Buckley to Orting Half Marathon – 13.1 or 6.2 mile run/walk</td>
</tr>
<tr>
<td>21</td>
<td>Lk. Sammamish</td>
<td>The Great Inflatable Race – 3.1 mile obstacle course</td>
</tr>
<tr>
<td>21</td>
<td>Bellingham</td>
<td>Tour de Whatcom – 100, 62, 44 or 22 mile bike ride</td>
</tr>
<tr>
<td>22</td>
<td>Seattle</td>
<td>Seafair Triathlon – Olympic, sprint and kid's triathlon</td>
</tr>
<tr>
<td>28</td>
<td>Lake Stevens</td>
<td>Aqua Run – 6.2, 3.1 or 1 mile run/walk</td>
</tr>
<tr>
<td>28</td>
<td>Seattle</td>
<td>Seafair Torchlight Run – 4.97 or 3.1 mile run/walk</td>
</tr>
<tr>
<td>28</td>
<td>Spokane</td>
<td>The Great Inflatable Race – 3.1 mile obstacle course</td>
</tr>
<tr>
<td>28-29</td>
<td>North Bend</td>
<td>Jack and Jill’s Downhill Marathon – 26.2 or 13.1 mile run/walk</td>
</tr>
<tr>
<td>29</td>
<td>Seattle</td>
<td>Seattle Night Ride – 15 mile bike ride</td>
</tr>
</tbody>
</table>

### AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>City</th>
<th>Event Name and Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Sequim</td>
<td>Tour de Lavendar – 62.5 or 35 mile bike ride</td>
</tr>
<tr>
<td>5</td>
<td>Anacortes</td>
<td>Anacortes Art Dash – 13.1, 6.2 or 3.1 mile run/walk</td>
</tr>
<tr>
<td>5</td>
<td>Tacoma</td>
<td>Unleashed at Stadium Bowl – Stair Climb</td>
</tr>
<tr>
<td>10-11</td>
<td>Steilacoom</td>
<td>All In One 5k Fun Run – 3.1 mile run/walk</td>
</tr>
<tr>
<td>11</td>
<td>Monroe</td>
<td>Lake Tye Triathlon – Sprint triathlon, Sprint relay, Olympic</td>
</tr>
<tr>
<td>11</td>
<td>Coupeville</td>
<td>Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk</td>
</tr>
<tr>
<td>11</td>
<td>Gig Harbor</td>
<td>Galloping Gertie Half – 13.1, 6.2 or 3.1 mile run/walk</td>
</tr>
<tr>
<td>12</td>
<td>Seattle</td>
<td>Lake Union 10k – 6.2 mile run/walk</td>
</tr>
<tr>
<td>17-18</td>
<td>Seattle</td>
<td>RSVP – 175 mile bike ride</td>
</tr>
<tr>
<td>18</td>
<td>Spokane</td>
<td>8 Lakes Legs Aches – 75, 45 or 30 mile bike ride</td>
</tr>
<tr>
<td>18</td>
<td>Tacoma</td>
<td>Tacoma Narrows Half – 13.1 mile run or relay</td>
</tr>
<tr>
<td>18</td>
<td>Everett</td>
<td>Everett Bubble Run – 3.1 mile run/walk</td>
</tr>
<tr>
<td>19</td>
<td>Monroe</td>
<td>Evergreen Half – 13.1 or 6.2 mile run/walk</td>
</tr>
<tr>
<td>19</td>
<td>Wenatchee</td>
<td>Color Rush Wenatchee – 3.1 mile run/walk</td>
</tr>
<tr>
<td>22</td>
<td>Tacoma</td>
<td>Thirsty Summer Nights – 3.1 mile run/walk</td>
</tr>
<tr>
<td>25</td>
<td>Sequim</td>
<td>Valley of the Trolls – 13.1, 6.2 or 3.1 mile run/walk</td>
</tr>
</tbody>
</table>

**MORE TO COME!**

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.
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 into 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.

<table>
<thead>
<tr>
<th>Mile Marker</th>
<th>Incentive Reward</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>LiveWell branded water bottle</td>
<td>1st LW Fit Event</td>
</tr>
<tr>
<td>2</td>
<td>LiveWell branded technical t-shirt</td>
<td>2nd LW Fit Event</td>
</tr>
<tr>
<td>3</td>
<td>Bonus LiveWell fit event reimbursement</td>
<td>3rd LW Fit Event</td>
</tr>
<tr>
<td>4</td>
<td>Option of: GPS Sport Watch/Activity Tracker(<em>), Fitbit(</em>), or reimbursement of running/biking shoes*</td>
<td>4th LW Fit Event</td>
</tr>
</tbody>
</table>