



# 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.

### JULY

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				

### AUGUST

			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	

### SEPTEMBER

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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						

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
<b>JULY</b>		
21	Seattle	<b>Refuse to Abuse</b> – 3.1 mile run/walk
21	Tacoma	<b>Swan Creek 5k</b> – 3.1 mile run/walk
21	Buckley-Orting	<b>Buckley to Orting Half Marathon</b> – 13.1 or 6.2 mile run/walk
21	Lk. Sammamish	<b>The Great Inflatable Race</b> – 3.1 mile obstacle course
21	Bellingham	<b>Tour de Whatcom</b> – 100, 62, 44 or 22 mile bike ride
21	Poulsbo	<b>Pets Walk 5k</b> – 3.1 mile run/walk
21	Vashon Island	<b>Bill Burby 10k/5k</b> – 6.2 or 3.1 mile run/walk
22	Seattle	<b>Seafair Triathlon</b> – Olympic, Sprint and kid's triathlon
28	Lake Stevens	<b>Aqua Run</b> – 6.2, 3.1 or 1 mile run/walk
28	Seattle	<b>Seafair Torchlight Run</b> – 4.97 or 3.1 mile run/walk
28	Spokane	<b>The Great Inflatable Race</b> – 3.1 mile obstacle course
28-29	North Bend	<b>Jack and Jill's Downhill Marathon</b> – 26.2 or 13.1 mile run/walk
29	Seattle	<b>Seattle Night Ride</b> – 15 mile bike ride
<b>AUGUST</b>		
4	Sequim	<b>Tour de Lavender</b> – 62.5 or 35 mile bike ride
4	Enumclaw	<b>Black Diamond Triathlon</b> – Super, Olympic or Sprint Relay
5	Anacortes	<b>Anacortes Art Dash</b> – 13.1, 6.2 or 3.1 mile run/walk
5	Tacoma	<b>Unleashed at Stadium Bowl</b> – Stair Climb
10-11	Steilacoom	<b>All In one 5k Fun Run</b> – 3.1 mile run/walk
11	Monroe	<b>Lake Tye Triathlon</b> – Sprint or Olympic Triathlon and Sprint or Olympic Relay
11	Coupeville	<b>Race the Reserve</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
11	Gig Harbor	<b>Galloping Gertie Half</b> – 13.1, 6.2 or 3.1 mile run/walk
12	Seattle	<b>Lake Union 10k</b> – 6.2 mile run/walk
17-18	Seattle	<b>RSVP</b> – 175 mile bike ride
18	Spokane	<b>8 Lakes Leg Aches</b> – 75, 45 or 30 mile bike ride
18	Tacoma	<b>Tacoma Narrows Half</b> – 13.1 mile run or relay
18	Everett	<b>Everett Bubble Run</b> – 3.1 mile run/walk
19	Monroe	<b>Evergreen Half</b> – 13.1 or 6.2 mile run/walk
19	Wenatchee	<b>Color Rush Wenatchee</b> – 3.1 mile run/walk
19	North Bend	<b>Tunnel Vision</b> – 26.2 mile run/walk
22	Tacoma	<b>Thirsty Summer Nights</b> – 3.1 mile run/walk
25	Sequim	<b>Valley of the Trolls</b> – 13.1, 6.2 or 3.1 mile run/walk
25	Mukilteo	<b>Run-a-Muk</b> – 6.2 or 3.1 mile run/walk
25	Stanwood	<b>Kids 2 Camp Benefit Run</b> – 6.2, 3.1 or 1 mile run/walk
26	Bellingham	<b>Chuckanut Classic</b> – 100, 62, 38 or 25 mile bike ride
26	Seattle	<b>Cosmo 7k</b> – 4.3 or 3.1 mile run/walk and kid's run
26	North Bend	<b>Iron Horse Half Marathon</b> – 13.1 mile run/walk
26	Bellingham	<b>Dog Days of Summer</b> – 3.1 mile walk
26	Seattle	<b>Seattle Marathon 10k</b> – 6.2 or 3.1 mile run/walk
27	Packwood	<b>High Pass Challenge</b> – 104 mile bike ride
<b>SEPTEMBER</b>		
1	Federal Way	<b>Dash Point Trail Run</b> – 13.1 or 6.2 mile run/walk
1	Bonney Lake	<b>Bonney Lake Triathlon</b> – Sprint or Olympic Relay Triathlon
8	Lake Stevens	<b>Lake Stevens Triathlon</b> – Olympic or Sprint Triathlon
8	Snohomish	<b>Spartan Beast</b> – 12 mile run or 30-25 mile obstacles
8	Vashon Island	<b>Passport 2 Pain</b> – 80, 50 or 30 mile bike ride
8	Seattle	<b>Team Hope Walk</b> – 3.1 mile run/walk and kid's dash
8	Port Angeles	<b>GOAT Run</b> – 31.1, 26.2 or 13.1 mile trail run
9	Snohomish	<b>Spartan Sprint</b> – 3 mile run or 20-23 mile obstacles
15	Seattle	<b>Night Nation Run</b> – 3.1 mile run/walk
15	Grand Coulee	<b>Run the Dam</b> – 13.1, 6.2 or 3.1 mile run/walk
16	Bellevue	<b>Cycle the Wave</b> – 70, 46, 29 or 12 mile bike ride and 4 mile walk
16	Quilcene	<b>Quilcene Oyster Races</b> – 13.1, 6.2 or 3.1 mile run/walk
16	North Bend	<b>Tunnel Light Marathon</b> – 26.2 mile run/walk
<b>MORE TO COME!</b>		

# INCENTIVES for LiveWell Fit!

Sound Health and Wellness Trust eligible participants and their covered family members can have race registration fees reimbursed<sup>(\*)</sup> 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](http://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.

<sup>(\*)</sup> 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<sup>(\*)</sup> (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 <sup>st</sup> LW Fit Event
2	LiveWell branded technical t-shirt	2 <sup>nd</sup> LW Fit Event
3	Bonus LiveWell fit event reimbursement	3 <sup>rd</sup> LW Fit Event
4	Option of: GPS Sport Watch/Activity Tracker <sup>(*)</sup> , Fitbit <sup>(*)</sup> , or reimbursement of running/biking shoes*	4 <sup>th</sup> LW Fit Event