



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](http://www.soundhealthwellness.com) or by calling the Trust at (800) 225-7620 option 2 then option 5.

Visit www.soundhealthwellness.com for more information.

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						

OCTOBER

	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			

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
AUGUST		
17-18	Seattle	RSVP- 175 mile bike ride
18	Spokane	8 Lakes Leg Aches- 75, 45 or 30 mile bike ride
18	Tacoma	Tacoma Narrows Half - 13.1 mile run or relay
18	Everett	Everett Bubble Run - 3.1 mile run/walk
18	Omak	Omak Warrior Stampede - 3.1 mile obstacle course
19	Monroe	Evergreen Half - 13.1 or 6.2 mile run/walk
19	Wenatchee	Color Rush Wenatchee - 3.1 mile run/walk
19	North Bend	Tunnel Vision - 26.2 mile run/walk
22	Tacoma	Thirsty Summer Nights - 3.1 mile run/walk
25	Sequim	Valley of the Trolls - 13.1, 6.2 or 3.1 mile run/walk
25	Mukilteo	Run-a-Muk - 6.2 or 3.1 mile run/walk
25	Stanwood	Kids 2 Camp Benefit Run - 6.2, 3.1 or 1 mile run/walk
26	Bellingham	Chuckanut Classic - 100, 62, 38 or 25 mile bike ride
26	Seattle	Cosmo 7k - 4.3 or 3.1 mile run/walk and kid's run
26	North Bend	Iron Horse Half Marathon - 13.1 mile run/walk
26	Bellingham	Dog Days of Summer - 3.1 mile walk
26	Seattle	Seattle Marathon 10k - 6.2 or 3.1 mile run/walk and kid's run
27	Packwood	High Pass Challenge - 104 mile bike ride
SEPTEMBER		
1	Federal Way	Dash Point Trail Run - 13.1 or 6.2 mile run/walk
1	Bonney Lake	Bonney Lake Triathlon - Sprint or Olympic Relay Triathlon
8	Lake Stevens	Lake Stevens Triathlon - Olympic or Sprint triathlon
8	Snohomish	Spartan Beast - 12 mile run or 30-35 mile obstacles
8	Vashon Island	Passport 2 Pain - 80, 50 or 30 mile bike ride
8	Seattle	Team Hope Walk - 3.1 mile run/walk and kid's dash
8	Port Angeles	GOAT Run - 31.1, 26.2 or 13.1 mile trail run
8	Tacoma	Dog Gone Run - 2 mile run/walk
9	Spokane	Spokefest - 50, 21 or 9 mile bike ride
9	Snohomish	Spartan Sprint - 3 mile run or 20-23 mile obstacles
15	Seattle	Night Nation Run - 3.1 mile run/walk
15	Grand Coulee	Run the Dam - 13.1, 6.2 or 3.1 mile run/walk
15-16	Carnation	Beat the Blerch - 26.2, 13.1, 6.2 or 3.1 mile run/walk
15-16	Spokane	Cycle the Silver Valley - 100, 75, 50, 35, 25 or 20 mile bike ride
16	Lakewood	Lakewood Half Marathon, 5k, and Just Tri 7 - 13.1, 7 or 3.1 mile run/walk
16	Bellevue	Cycle the Wave - 70, 46, 29 or 12 mile bike ride and 4 mile walk
16	Quilcene	Quilcene Oyster Races - 13.1, 6.2 or 3.1 mile run/walk
16	North Bend	Tunnel Light Marathon - 26.2 mile run/walk
16	Gig Harbor	Race for a Soldier - 10 or 3.1 mile run/walk
16	Bainbridge Is	Bike for Pie - 32 or 8 mile bike ride
22	Spokane	Happy Girls Run Spokane- 13.1, 6.2 or 3.1 mile run/walk
22	Bonney Lake	Warrior Dash- 3.1 mile obstacle course
22	Redmond	Get Your Rear in Gear- 3.1 mile run/walk and kid's dash
22	Kirkland	Oral Cancer Walk- 3.1 mile run/walk
23	Kitsap	Kitsap Color Classic- 57, 39 or 25 mile bike ride
29	Everett	Run with Heart 5k- 4.97 or 3.1 mile run/walk and kid's dash
30	Bellingham	Bellingham Bay Marathon - 26.2, 13.1, 6.2 or 3.1 mile run/walk
30	Burien	Burien Brat Trot - 3.1 or 1 mile run/walk
30	Seattle	Base 2 Space - Stair Climb
OCTOBER		
6	Leavenworth	Oktoberfest Marathon/Half Marathon - 26.2 or 13.1 mile run/walk
6	Port Angeles	Crab Fest 5k Fun Run - 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