



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.

SEPTEMBER

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER

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21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

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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
SEPTEMBER		
9	Seattle	WOW Women of Wonder – 6.2 or 3.1 mile run/walk and kid's dash
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
15-16	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
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	Octoberfest Marathon/Half Marathon – 26.2 or 13.1 mile run/walk
6	Port Angeles	Crab Fest 5K Fun Run – 3.1 mile run/walk
6	Fall City	Fall City Half Marathon – 13.1 or 6.2 mile run/walk
6	Sumner	Come Walk With Me – 3.1 mile run/walk
6	Shoreline	Monster Mash Dash 5K – 3.1 mile run/walk
7	Shelton	Shuck N Share – 3.1 mile run/walk
7	Issaquah	Run with the Fishes – 3.1 mile run/walk and kids dash
7	Mukilteo	Lungbuster 5K and 10K – 6.2 or 3.1 mile run/walk and kids dash
13	Point Defiance	Defiance 50K – 31, 18.6 or 9.3 mile run
13	Bellingham	Salish to Salish 10K – 6.2 mile run/walk
13	Bellingham	Lake Padden Trail Half – 13.1 or 3.1 mile run/walk
13	Poulsbo	Poulsbo Half & 10K – 13.1 or 6.2 mile run
14	Snohomish	Snohomish River Run – 26.2, 13.1 or 6.2 mile run
14	Seattle	Dawg Dash – 6.2 or 3.1 mile run/walk and kid's race
20	Leavenworth	Oktoberfest Trail Runs – 10 or 5 mile run/walk and kid's race
27	Tacoma	Black Cat Fun Run – 5 or 2.5 mile run/walk and kid's race
27	Monroe	Sky Valley Classic – 6.2, 3.1 or 1 mile run/walk
28	Seattle	Run Scared – 6.2, 3.1 or 2.5 mile run/walk and kid's race
28	Woodinville	Captain Jack's Treasure Run – 4.97 or 3.1 mile run/walk and kid's race
28	Seattle	Where's Waldo 5k – 3.1 mile run/walk
NOVEMBER		
10	Woodinville	Run or Wine – 3.1 mile run/walk
10	Mount Vernon	Fowl Fun Run – 6.2 or 3.1 mile run/walk
17	Issaquah	Grand Ridge Trail Runs – 31, 26.2, 13.1 or 5 mile trail run
17	Port Townsend	Jumping Mouse 5K Turkey Trot – 3.1 mile run/walk and kids run

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