



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.

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			

NOVEMBER

				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	

DECEMBER

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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	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
OCTOBER		
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 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
27	Olympia	Spooktacular 5K Sprint – 3.1 mile run/walk and kid's run
27	Bremerton	Halloween Run – 3.1 or 1 mile run/walk and kid's dash
28	Seattle	Run Scared – 6.2, 3.1 or 2.5 mile run/walk and kid's run
28	Woodinville	Captain Jack's Treasure Run – 4.97 or 3.1 or 2.5 mile run/walk and kid's run
28	Seattle	Where's Waldo 5K – 3.1 mile run/walk and kid's run
NOVEMBER		
10	Woodinville	Run or Wine – 3.1 mile run/walk
10	Orting	Orting Turkey Trot – 13.1, 6.2 or 3.1 mile run/walk
10	Mount Vernon	Fowl Fun Run – 6.2 or 3.1 mile run/walk
17	Issaquah	Grand Ridge Train Runs – 31, 26.2, 13.1 and 5 mile trail run
17	Port Townsend	Jumping Mouse 5K Turkey Trot – 3.1 mile run/walk and kid's run
18	Seattle	Greenlake Gobble – 6.2 or 3.1 run/walk and kid's run
18	Redmond	Pineapple Classic – 3.1 mile fun run/obstacle course
22	Issaquah	Turkey Trot Issaquah – 3.1 mile run/walk
22	Gig Harbor	Gig Harbor Turkey Trot – 6.2 or 3.1 mile run/walk
22	Wenatchee	Turkey On The Run – 7.45 or 3.1 mile run/walk and kid's race
22	Mukilteo	Turkey Trot Mukilteo – 6.2 or 3.1 mile run/walk
22	Woodinville	Turkey Trot Woodinville – 3.1 mile run/walk and kid's run
22	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kid's run
22	Norpoint	Norpoint Turkey Trot – 3.1 or 2 mile run/walk and kid's dash
22	Auburn	Auburn Turkey Trot – 3.1 mile run/walk
22	Arlington	Turkey Trot 5K Arlington – 3.1 mile run/walk
22	Bainbridge Island	Bainbridge Island Turkey Trot – 3.1 or 1 mile run/walk
25	Seattle	Seattle Marathon – 26.2 or 13.1 mile run/walk
25	Lakewood	Just TRI 7 (Dragon #6) – 7 or 5 mile fun run and kid's run
DECEMBER		
1	Port Orchard	Jingle Bell Run Pt. Orchard – 3.1 mile run/walk and kid's run
1	Spokane	Jingle Bell Run – 3.1 or 1 mile run/walk
2	Renton	K9 Candy Cane – 3.1 mile run/walk
2	Redmond	Ugly Sweater Run – 3.1 or 1 mile run/walk
8	Bellingham	Jingle Bell Run Bellingham – 3.1 mile run/walk
8	Lakewood	Just TRI 7 (Dragon #7) – 7 or 5 mile fun run and kid's run
8	Tacoma	Santa Runs Tacoma – 13.1 run/relay, 6.2 and 3.1 mile run and kid's run
8	Kent	Christmas Rush Fun Run and Walk – 6.2 or 3.1 mile run/walk
9	Seattle	Jingle Bell Run Seattle – 7.5, 3.1 or 1 mile run/walk and kid's run
15	Anacortes	Anacortes Jingle Bell Dash – 6.2 or 3.1 mile run/walk
15	Elma	Porter Creek Trail Runs – 15.5, 10 and 3.1 mile trail run
16	Kirkland	12K's of Christmas – 7.5 or 3.1 mile run/walk and kid's run
30	Port Orchard	Yukon Do It – 26.2 or 13.1 mile 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