



# 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.

### JANUARY

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    | 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 |    |    |

### FEBRUARY

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 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 |    |    |

### MARCH

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 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  |
|-----------------|----------------|---|
| <b>JANUARY</b>  |                |   |
| 19              | Redmond        | Rain Run – 13.1 mile run/walk   |
| 19              | Puyallup       | No Sun Fun Run – 3.1 or 1 mile run/walk   |
| 19              | Seattle        | MLK Weekend Run – 9.3, 6.2 or 3.1 mile run/walk and kids dash                       |
| 26              | Steilacoom     | Ft. Steilacoom Resolution Run 10k/10 Mile – 10 or 6.2 mile run/walk                 |
| 26              | Tukwila        | Tukwila to Alki – 13.1 mile run/walk  |
| 27              | Woodinville    | Run or Wine – 3.1 mile run/walk   |
| <b>FEBRUARY</b> |                |   |
| 2               | Olympia        | Geoduck Gallop – 13.1 or 6.2 mile run/walk  |
| 2               | Port Angeles   | Elwha Bridge 5k/10k – 6.2 or 3.1 mile run/walk                                      |
| 2               | Seattle        | Tunnel to Viaduct 8k – 4.97 mile run/walk   |
| 3               | Seattle        | Tunnel Ride: SR 99 Grand Opening – 12.5 mile bike ride                              |
| 3               | Seattle        | Super Bowl Sunday 5k – 3.1 mile run/walk  |
| 9               | Bellingham     | Hearty Party 5k – 3.1 mile run/walk   |
| 9               | Seattle        | Love Em or Leave Em Valentine's Day Dash – 6.2 or 3.1 mile run/walk and kids dash   |
| 9               | Tukwila        | Green River Half Marathon – 13.1 mile run/walk                                      |
| 9               | Olympia        | Valentine's Day 5k – 3.1 mile run/walk and kids dash                                |
| 10              | Seattle        | My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk or relay                   |
| 16              | Sedro-Woolley  | Woolley Trail Runs – 31.1, 26.2 or 13.1 mile run/walk                               |
| 16              | Montesano      | Run Forest Run – 31 or 15.5 mile trail run/walk                                     |
| 16              | Seattle        | President's Day Weekend – 9.3, 6.2 or 3.1 mile run/walk and kids dash               |
| 16              | Olympia        | Road-odend-Run – 6 mile run/walk or 3 mile relay and kids dash                      |
| 17              | Blaine         | Birch Bay International Marathon – 26.2 or 13.1 mile run/walk                       |
| 23              | Bellingham     | Fragrance Lake Half/10k – 31, 13.1 or 6.2 mile run/walk and kids race               |
| 23              | Steilacoom     | Ft. Steilacoom Resolution Run 15k/15 Mile – 15 or 9.3 mile run/walk                 |
| 23              | Dupont         | Dupont Trail Marathon – 26.2, 13.1 and 6.2 mile trail run/walk                      |
| 24              | Woodinville    | Run or Wine – 3.1 mile run/walk   |
| 24              | Bainbridge Is. | Chilly Hilly – 33 mile bike ride  |
| <b>MARCH</b>    |                |   |
| 2               | Redmond        | Lake Sammamish Half Marathon – 13.1 mile run/walk                                   |
| 3               | Seattle        | Hot Chocolate Run – 9.3 or 3.1 mile run/walk  |
| 9               | Lake Stevens   | C-Trail 5k & 10k – 6.2 or 3.1 mile run/walk and kids dash                           |
| 16              | Bellingham     | Runnin' O' the Green – 5 or 3.1 mile run/walk                                       |
| 16              | Tacoma         | St. Paddy's Day Run Tacoma – 13.1 run/relay, 6.2 or 3.1 mile run/walk and kids dash |
| 17              | Seattle        | Seattle St. Patrick's Day Dash – 3.1 mile run/walk and kids dash                    |
| 23              | Snohomish      | Run to Pieces 5k/10k – 6.2 or 3.1 mile run/walk                                     |
| 23              | Seattle        | Spring Into Action – 9.3, 6.2 or 3.1 mile run/walk or duathlon and kids dash        |
| 23              | Woodinville    | Run or Wine – 3.1 mile run/walk   |
| 24              | Seattle        | Big Climb Seattle – stair climb   |
| 24              | Mercer Island  | Mercer Island Rotary Half Marathon – 13.1, 6.2 or 3.1 mile run/walk and kids dash   |
| 30              | Olympia        | Run like a Fool 5k – 3.1 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(\*) 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.

(\*) 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 <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(*), Fitbit(*), or reimbursement of running/biking shoes* | 4 <sup>th</sup> LW Fit Event |