



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.

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						

APRIL

	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				

MAY

			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
MARCH		
17	Olympia	Donut Dash – 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	Federal Way	Dash Point Trail Run – 13.1 or 6.2 mile run/walk
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	Steilacoom	Ft. Steilacoom Resolution Run 20 mi/20k/5k – 20, 12.4 or 3.5 mile run/walk
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
24	Olympia	Friendship Run – 6.2 or 3.1 mile run/walk and kid's dash
30	Olympia	Run Like A Fool 5k – 3.1 mile run/walk
APRIL		
6	Blaine	Birtch Bay Road Race – 18.6, 9.3 or 3.1 mile run/walk
6	Burlington	Tulip Run – 6.2 or 2 mile run/walk
7	Seattle	Walk MS Seattle – 3.1 mile run/walk
7	Issaquah	Squak Mountain Trail Run – 26.2, 13.1 or 6.2 mile run/walk
7	Spokane	Negative Split – 13.1, 6.2 or 3.1 mile run/walk
7-8	Everett	The Everett Half – 13.1 or 6.2 mile run/walk
13	Seattle	Spring Eagle Trail Run – 26.2, 20, 13.1, 6.2 or 3.1 mile run
13	Snohomish	Spartan Race Super – 8-10 mile run or 24-20 mile obstacles
13-14	Redmond	Mud and Chocolate Trail Run – 13.1 or 4.5 trail run
14	Snohomish	Spartan Race Sprint – 3 mile run or 20-23 mile obstacles
14	Whidbey Island	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run
14	Spokane	Walk MS Spokane – 3 or 1 mile run/walk
20	Wenatchee	Wenatchee Marathon – 26.2, 13.1 or 6.2 mile run/walk
20	Woodinville	Run or Wine – 3.1 mile run/walk
20	La Conner	Tulip Pedal – 60, 40 or 20 mile bike ride
20	Port Angeles	Oat Run – 13.1 or 7.5 mile trail run
20	Seattle	The Tenacious Ten – 10 or 6.2 mile run/walk or kid's run
20	Seattle	Earth Day – 13.1, 7.5 6.2 or 3.1 mile run/walk and kid's run
27	Omak	Omak Orchards in Bloom – 13.1 or 6.2 mile run/walk
27	Wenatchee	Horse Lake Trail Run – 13.1, 7 or 5 mile trail run
27	Leavenworth	Leavenworth Firefighter Challenge – 6.2 mile trail run/walk
27	Sequim	Railroad Bridge 5k/10k – 6.2 or 3.1 mile run/walk
27	Olympia	Capital Peak 50 miler/25k – 50 or 15.5 mile trail run
27	Issaquah	Run with Faith 5k/10k – 6.2 or 3.1 mile run/walk
28	Spokane	Spokane River Run – 31 mile run/relay, 15.5, 6.2 or 3.1 mile run/walk
28	Snoqualmie	Mt. Si Relay & Ultra Runs – 59 mile relay, 50, 31, 26.2 or 13.1 mile run/walk
28	Bellevue	All in for Autism – 6.2 or 3.1 mile run/walk and kid's run
28	Seattle	Top Pot Doughnut Dash – 3.1 mile run/walk
MAY		
4	Winthrop	Sunflower Trail Marathon – 26.8 or 13.1 mile run or relay
4	Bellingham	Haggen to Haggen – 3.1 mile run/walk
4	Wenatchee	Apple Blossom Run – 6.2, 3.1 or 2.1 mile run/walk
4	Lakewood	Hunger Walk & 5k Run – 3.1 mile run/walk
4-5	Tacoma	Tacoma City Marathon – 31 or 26.2 mile run/relay, 13.1 mile or 3.1 run/walk and kid's run
5	Seattle	Bike-n-Brews – 27 mile bike ride
5	Spokane	Bloomsday – 7.46 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