



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.

MAY

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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	

JUNE

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

	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
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
MAY		
25	Port Orchard	Fathoms O' Fun Seagull Splat Run – 3.1 mile run/walk and kid's dash
25	Sammamish	Soaring Eagle Trail Run – 31, 26.2, 13.1, 6.2 or 3.1 mile run
25	Seattle	Magnuson Series Memorial Day Weekend – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
26	Bellingham	Ski to Sea – 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
JUNE		
1	Rainier	Rainier to Ruston Relay – 50, 6 or 3 mile run/walk
1	Spokane	Mermaid Run – 6.2 or 3.1 mile run/walk
1	Cashmere	Red Devil Challenge Trail Runs – 31, 15.5 or 6.2 mile trail run
1	Redmond	Flying Wheels – 100, 52, 67 or 47 mile bike ride
1	Maple Valley	Lake Wilderness Triathlon – Olympic, sprint and kid tri relay
1	Shelton	Goldsborough Creek Run/walk – 7 or 2 mile run/walk and junior jog/senior walk
1-2	Sequim	North Olympic Discovery Marathon – 26.2 and relay, 13.1, 6.2 or 3.1 mile run/walk and kid's run
2	Cle Elum	Teaway Trail Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk
2	Redmond	Big Backyard 5K – 6.2 or 3.1 mile run/walk and kid's run
2	Seattle	Race for the Cure – 2.6 mile run/walk
8	Tacoma	Sound to Narrows – 7.5 or 3.1 mile run/walk and junior shuffle
8-9	Seattle	Rock N Roll Marathon – 26.2, 13.1 or 3.1 mile run/walk
9	Seattle	The Super Run – 6.2 or 3.1 mile run/walk
9	Woodinville	Wine Ride – 21 mile bike ride
9	North Bend	Light at the End of the Tunnel Marathon – 26.2 mile run/walk
9	Seattle	Furry 5K – 3.1 or 1 mile run/walk
11	Seattle	Solstice Run – 9.3, 6.2 or 3.1 mile run/walk and kid's dash
15	Chelan	Echo Valley Trail Run – 62, 31, 26.2, 13.1 or 6.2 mile run and 1 mile kid's run
16	Burlington	Berry Dairy Days Run – 13.1, 6.2 or 3.1 mile run/walk
22	Woodinville	Run or Wine 5K – 3.1 mile run/walk
22	Anacortes	Tesoro March Point Run – 13.1, 6.2 or 3.1 mile run/walk and kid's run
22	Manson	Deputy Saul Gallegos Memorial Run – 6.2, 3.1 or 2 mile run/walk
22	Bellingham	Lake Padden Triathlon – Sprint Tri, Sprint Tri Relay, Super Sprint Tri or Super Sprint Tri Relay
22	Poulsbo	Pets WALK 5K – 3.1 mile walk
29	Port Orchard	Hot Foot 5K – 3.1 or 1 mile run/walk
JULY		
4	Edmonds	Beat Brackett 5K – 3.1 or 1 mile run/walk
4	Wenatchee	River Run on the Fourth – 6.2 or 3.1 mile run/walk
4	Tacoma	Independence Day 5K Point Ruston – 3.1 mile run/walk and kid's run
4	Federal Way	Miles for Meso – 3.1 mile run/walk and kid's dash
6	Bellingham	Chuckanut Foot Race – 7 mile trail run
12-13	Blaine-Langley	Northwest Passage Ragnar – Varies 13.9 – 19.1 mile relay run
13	Spokane	The Great Inflatable Race – 3.1 mile obstacle course
13	Black Diamond	Black Diamond Miners Day 5K – 3.1 mile run/walk
13-14	Seattle - Portland	STP – 200 mile bike ride

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