

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.

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Look for these icons throughout the year to see what counts toward HRA Funding.



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New events added each month! Be sure to check the website for the most up to date calendar.

Port Orchard Fathoms O' Fun Seagull Splat Run = 3.1 mile run/walk and kid's dash	Date	City	Event Name and Description
Port Orchard kid's dash Soaring Eagle Trail Run = 3.1 mile run/walk and kid's dash Soaring Eagle Trail Run = 31, 26.2, 13.1, 6.2 or 3.1 mile run mile run/walk and kid's dash Ski to Sea = 92 mile relay. XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak	Date MAY	-City	Event Name and Description
25 Seattle Magnuson Series Memorial Day Weekend – 9.3, 6.2 or 3.1 mille run/walk and kid's dash 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 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 Teanaway Trail Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run 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 9 Seattle Rock N Roll Marathon – 26.2, 13.1 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 10 Seattle Solstice Run – 9.3, 6.2 or 3.1 mile run/walk and kid's sun 11 Seattle Solstice Run – 9.3, 6.2 or 3.1 mile run/walk and kid's sun 12 Manson Deputy Saul Gallegos Memorial Run – 6.2, 3.1 or 6.2 mile run/walk 12 Redmond Berry Dairy Days Run – 13.1, 6.2 or 3.1 mile run/walk and kid's run 13 Berly Dairy Days Run – 13.1, 6.2 or 3.1 mile run/walk and kid's run 14 Edmonds Beat Brackett 5K – 3.1 mile run/walk 15 Poulsbo Pets WALK 5K – 3.1 mile run/walk 16 Wenatchee River Run on the Fourth – 6.2 or 3.1 mile run/walk and kid's run 17 Fourth Poulsbo Pets WALK 5K – 3.1 mile run/walk 18 Hack Dair Days Run – 13.1, 6.2 or 3.1 mile run/walk and kid's run 18 Balach Diamond Miners Day 5K Point Ruston – 3.1 mile run/walk and kid's run 18 Blaich Diamond Black Diamond Miners Day 5K – 3.1 mile run/walk		Port Orchard	· ·
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MORE TO COME!			MORE TO COME!



INCENTIVES for LiveWell Fit!

VELLNESS TRUST 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.

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	1st 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

^(*) 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.