



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.

JUNE

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						

JULY

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			

AUGUST

				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
JUNE		
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 kids 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
22	Spokane	8 Lakes Leg Aches – 75, 45, or 30 mile bike ride
29	Port Orchard	Hot Foot 5k – 3.1 or 1 mile run/walk

JULY		
4	Edmonds	Beat Brackett 5k & Baby Brackett 1k – 3.1 or 1 mile run/walk
4	Wenatchee	River Run on the Fourth – 6.2 or 3.1 mile run/walk
4	Federal Way	Miles for Meso – 3.1 mile run/walk and kids run
4	Tacoma	Independence Day 5k Point Ruston – 3.1 mile run/walk and kids dash
4	Olympia	Firecracker 5k – 3.1 mile run/walk
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	Seattle	Run for Home 5.5k – 3.4 mile run/walk
13-14	Seattle - Portland	STP – 200 mile bike ride
20	Snoqualmie	Snoqualmie Tunnel 5k Glow Run – 3.1 mile run/walk
20	Vashon Island	Bill Burby 10k/5k – 6.2 or 3.1 mile run/walk
20	Spokane	Strides for Strong Bones – 6 or 3 mile run/walk
20	Tacoma	Color in Motion 5k – 3.1 mile run/walk
20	Seattle	Refuse to Abuse – 3.1 mile run/walk
20	Buckley-Orting	Buckley to Orting Half Marathon – 13.1 or 6.2 mile run/walk
21	Seattle	Seafair Triathlon – olympic, sprint and kid's triathlon
21	Spokane	Valley Girl Triathlon – sprint triathlon
21	Bellingham	Tour de Whatcom – 100, 62, 44 or 22 mile bike ride
26	Seattle	Seattle Night Ride – 15 mile bike ride
27	McCleary	The Dirty Dash – 3.1 mile obstacle course
27	Lake Stevens	Aqua Run – 6.2, 3.1 or 1 mile run/walk
27	Lake Sammamish	The Great Inflatable Race – 3.1 mile obstacle course
27	Seattle	Seafair Torchlight Run – 4.97 or 3.1 mile run/walk
27-28	North Bend	Jack and Jill's Downhill Marathon – 26.2 or 13.1 mile run/walk
28	West Seattle	West Seattle Beach Run – 31, 15.5, 26.2 or 13.1 mile run/walk

AUGUST		
3	Sequim	Tour de Lavender – 62.5 or 35 mile bike ride
3	Issaquah	Tiger Peak Challenge – 31, 26.2 or 13.1 mile run/walk
3	Cougar	Volcanic 50 – 31 or 15.1 mile run/walk
3	Anacortes	Anacortes Art Dash – 13.1, 6.2 or 3.1 mile run/walk
4	Monroe	Terrain Racing – 3.1 mile obstacle course
10	Monroe	Lake Tye Triathlon – sprint triathlon, sprint relay, olympic triathlon, olympic relay and youth triathlon
10	Newcastle	Cougar Mountain Trail Run – 26.2, 14.5 or 3.1 mile run/walk
10	Coupeville	Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk
10	Gig Harbor	Galloping Gertie Half – 13.1, 6.2 or 3.1 mile run/walk
10	Redmond	Enforcer 5k – 3.1 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