



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.

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

SEPTEMBER

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					

OCTOBER

		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
AUGUST		
24	Lake Stevens	Life is Sweet 5k Sweet Run – 3.1 mile run/walk
24	Mukilteo	Run-a-Muk – 6.2 or 3.1 mile run/walk
24	Seattle	Seattle Marathon 10k – 6.2 or 3.1 mile run/walk and kid's run
25	Bellingham	Chuckanut Classic – 100, 62, 38 or 25 mile bike ride
25	North Bend	Iron Horse Half Marathon – 13.1 mile run/walk
28	Tacoma	Thirsty Summer Nights – 3.1 mile run/walk
31	Bonney Lake	Bonney Lake Triathlon – Sprint and Olympic Relay
SEPTEMBER		
7	Auburn	Pacific Runderland – 3.1 mile run/walk and kids run
7	Lake Stevens	Lake Stevens Triathlon – Sprint, Olympic or Olympic ParaAthlete Triathlon
7	Snohomish	Spartan Beast – 13 mile obstacle course
7	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run
7	Seattle	Cycle the Wave – 18, 6 or 3 mile bike ride
8	Snohomish	Spartan Sprint – 3 mile obstacle course
8	Seattle	WOW Women of Wonder – 6.2 or 3.1 mile run/walk and kids dash
8	Spokane	Spokefest – 50, 21 or 9 mile bike ride
8	Seattle	Team Hope Walk – 3.1 mile run/walk
14	Vashon Island	Passport 2 Pain – 80, 50, 30 or 12 mile bike ride
14	Enumclaw	Black Diamond Triathlon – Super, Olympic and Sprint Relay
14	Omak	Omak Warrior Stampede – 4 mile obstacle course
14	Lk Sammamish	Ragnar Sunset Seattle – 3.95 mile relay
15	North Bend	Tunnel Light Marathon – 26.2 mile run/walk
15	Gig Harbor	Race for a Soldier – 10 or 3.1 mile run/walk
15	Bainbridge Isl	Bike for Pie – 32 or 9 mile bike ride
21	Maple Valley	Tails 'n Trails 5k – 3.1 mile run/walk and kid's run
21	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
21	Spokane	Happy Girls Run Spokane – 13.1, 6.2 or 3.1 mile run/walk
21	Carnation	Warrior Dash – 6.2, 3.1 or 1 mile obstacle course
21	Bonney Lake	Tehaleh Trail Run – 13.1, 6.2 or 3.1 mile run/walk and kid's race
21	Redmond	Get Your Rear in Gear – 3.1 mile run/walk and kids run
21-22	Black Diamond	Tough Mudder – 3.1 mile obstacle course
22	Tukwila	Seattle Sounders FC Rave Green Run – 3.1 mile run/walk
22	Kitsap	Kitsap Color Classic – 57, 39 or 25 mile bike ride
28	Seattle	Night Nation Run – 3.1 mile run/walk
28	Arlington	Friendship Walk 5k Run – 3.1 or 1 mile run/walk
29	Bellingham	Bellingham Bay Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
29	Seattle	Base 2 Space – Stair Climb
29	Tacoma	You Go Girl – 6.2 or 3.1 mile run/walk and little girls run
29	Burien	Burien Brat Trot – 3.1 or 1 mile run/walk
OCTOBER		
5	Leavenworth	Oktoberfest Marathon & Half – 26.2 or 13.1 mile run/walk
5	Port Townsend	Tour de Forts – 62, 26 or 11 mile bike ride
5	Tacoma	Fall Harvest 5k – 3.1 mile run/walk
5	Fall City	Fall City Half Marathon – 13.1 or 6.2 mile run/walk
5	Shoreline	Monster Mash Dash 5k – 3.1 mile run/walk
5	Spokane	Wild Moose Chase – 15.5, 6.2 or 3.1 mile trail run
6	Mukilteo	Lungbuster 5k – 3.1 mile run/walk and kid's dash
6	Anacortes	Fidalgo Trail Run – 18.6, 13.1 or 3.1 mile trail run
6	Shelton	Shuck N Share 5k – 3.1 mile run/walk
6	Issaquah	Run with the Fishes – 3.1 mile run/walk and kids dash
6	Puyallup	Stein Dash 5k – 3.1 mile run/walk and kids run
6	Redmond	Wonder Woman – 13.1, 6.2 or 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