



# 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](http://www.soundhealthwellness.com) for more information.

### 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 |    |    |

### NOVEMBER

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 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 |

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   |
|------------------|---------------|--|
| <b>SEPTEMBER</b> |               |  |
| 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                                  |
| <b>OCTOBER</b>   |               |  |
| 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                              |
| 12               | Port Angeles  | CrabFest 5k Fun Run – 3.1 mile run/walk                                    |
| 12               | Tacoma        | Defiance 50k – 31, 18.6 or 9.3 mile run/walk                               |
| 12               | Bothell       | Run and Run S'More 5k – 3.1 mile run/walk                                  |
| 12               | Kirkland      | Oral Cancer Walk – 3.2 mile run/walk                                       |
| 12               | Poulsbo       | Poulsbo Half & 10k – 13.1 or 6.2 mile run/walk                             |
| 12               | Bellingham    | Salish to Salish 10k – 6.2 mile run/walk                                   |
| 12               | Bellingham    | Lake Padden Trail Half – 13.1 or 3.1 mile run/walk                         |
| 12               | Snohomish     | Snohomish River Run 5k/10k – 6.2 or 3.1 mile run/walk                      |
| 13               | Snohomish     | Snohomish River Run Marathon & Half – 26.2 or 13.1 mile run/walk           |
| 13               | Spokane       | The Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk and 26.2 mile relay |
| 13               | Seattle       | Dawg Dash – 6.2 or 3.1 mile run/walk and kid's race                        |
| 19               | Leavenworth   | Oktoberfest Trail Runs – 10 or 5 mile run/walk and kids race               |
| 19               | Port Townsend | 2019 Larry Scott Trail 5k/10k – 6.2 or 3.1 mile run/walk                   |
| 20               | Woodinville   | Husky Cougar Rivalry Run – 13.1, 6.2 or 3.1 mile run/walk                  |
| 26               | Spokane       | Great Pumpkin Race – 3.1 or .62 mile run/walk                              |
| 26               | Port Angeles  | Pumpkin Fun Run & Walk – 3.1 mile run/walk                                 |
| 26               | West Seattle  | West Seattle Monster Dash – 3.1 mile run/walk and kids dash                |
| 26               | Spokane       | Chocolate Chip Cookie 50k Trail Run – 31.1 mile run/walk                   |
| 26               | Seattle       | Where's Waldo 5k – 3.1 mile run/walk and kids run                          |
| 26               | Seattle       | Halloween Run – 9.3, 6.2 or 3.1 mile run/walk and kids dash                |
| 26               | Monroe        | Sky Valley Classic – 6.2, 3.1 or 1 mile run/walk                           |
| 27               | Sumner        | Pumpkin Run – 3.1 mile run/walk  |
| 27               | Seattle       | Run Scared – 6.2, 3.1 or 2.5 mile run/walk and kid's race                  |
| <b>NOVEMBER</b>  |               |  |
| 2                | Kent          | In Unity We Run – 26.2 or 13.1 mile run                                    |
| 9                | Monroe        | Black Light Run – 3.1 mile run/walk  |
| 9                | Monroe        | Color Frenzy 5k – 3.1 mile run/walk  |
| 9                | Mount Vernon  | Fowl Fun Run – 6.2 or 3.1 mile run/walk                                    |
| 10               | Maple Valley  | Storm Chase 5k – 3.1 mile run/walk   |
| 10               | Redmond       | Pineapple Classic 5k – 3.1 mile fun run/obstacle course                    |
| 16               | Woodinville   | Run or Wine 5k – 3.1 mile run/walk   |
| 16               | Issaquah      | Grand Ridge Trail Runs – 31, 13.1 or 3.1 mile trail run                    |

**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](http://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 <sup>st</sup> LW Fit Event |
| 2           | LiveWell branded technical t-shirt   | 2 <sup>nd</sup> LW Fit Event |
| 3           | Bonus LiveWell fit event reimbursement   | 3 <sup>rd</sup> LW Fit Event |
| 4           | Option of: GPS Sport Watch/Activity Tracker(*), Fitbit(*), or reimbursement of running/biking shoes* | 4 <sup>th</sup> LW Fit Event |