



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.

JANUARY

			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	

FEBRUARY

						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

MARCH

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
JANUARY		
18	Redmond	Rain Run – 13.1 mile run/walk
18	Sammamish	Frost Eagle Trail Run – 13.1 or 3.1 mile run/walk
18	Puyallup	No Sun Fun Run – 3.1 or 1 mile run/walk
18	Seattle	MLK Weekend Run – 9.3, 6.2 or 3.1 mile run/walk
25	Steilacoom	Ft Steilacoom Resolution Run 10k/10 Mile or 5k – 10, 6.2 or 3.1 mile run/walk
25	Tukwila	Tukwila to Alki Half Marathon – 13.1 mile run/walk
26	Woodinville	Run or Wine 5k – 3.1 mile run/walk
FEBRUARY		
2	Olympia	Geoduck Gallop – 13.1 or 6.2 mile run/walk
2	Seattle	Super Bowl Sunday 5k – 3.1 mile run/walk
2	West Seattle	West Seattle Beach Run – 31, 26.2, 15.5 or 13.1 mile run
8	Seattle	Love Em or Leave Em Valentine's Day Dash – 13.1, 6.2 or 3.1 mile run/walk
8	Tukwila	Green River Half Marathon – 13.1 mile run/walk
8	Olympia	Valentine's Day 5k – 3.1 mile run/walk
9	Seattle	My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
15	Sedro-Woolley	Woolley Trail Runs – 31.1, 26.2 or 13.1 mile run
15	Bellingham	Fragrance Lake 50k/Half Marathon/10k – 30, 13.1 or 6.2 mile run/walk
15	Seattle	Presidents Day Weekend Run – 9.3, 6.2 or 3.1 mile run/walk
15	Montesano	Run Forest Run – 31 or 15.5 mile run/walk
15	Tacoma	Valentines 5k – 3.1 mile run/walk
22	Olympia	ROAD-odend-RUN – 6 mile relay run/walk and kids race
22	Steilacoom	Ft Steilacoom Resolution Run 15k/15 Mile – 15, 9.3 or 3.1 mile run/walk
23	Shoreline	Lunar New Year 5k – 3.1 mile run/walk
23	Bainbridge Isl	Chilly Hilly – 33 mile bike ride
MARCH		
1	Seattle	Hot Chocolate Run – 9.3 or 3.1 mile run/walk
7	Redmond	Lake Sammamish Half Marathon – 13.1 mile run/walk
7	Dupont	Dupont Trail Marathon – 26.2, 13.1 or 7.5 mile trail run/walk and kids run
7	Tacoma	St. Patrick's Day 5k – 3.1 mile run/walk
7	Orting	Foothills Dash – 13.1, 6.2, 3.1 or 1 mile run/walk
7	Wawawai Ldg	Snake River Canyon Half – 13.1 mile run/walk
14	Bellingham	Runnin' O' the Green – 5 or 3 mile run/walk
14	Woodinville	Run or Wine 5k – 3.1 mile run/walk
14	Lake Stevens	C-Trail Half Marathon Fun Run – 13.1, 6.2 or 3.1 mile run/walk and kids run
15	Tacoma	St. Paddy's Day Run Tacoma – 13.1 mile relay, 13.1, 6.2 or 3.1 run/walk and kids run
15	Seattle	Seattle St. Patrick's Day Dash – 3.1 mile run/walk and kids dash
21	Federal Way	Dash Point Trail Run – 13.1 or 6.2 mile run/walk and kid's race
21	Snohomish	Run to Pieces 5k/10k – 6.2 or 3.1 mile run/walk and kids dash
21	Seattle	Spring Into Action – 9.3, 6.2 or 3.1 mile run/walk or duathlon and kids dash
21	Steilacoom	Ft Steilacoom Resolution Run – 20, 12.4 or 3.1 mile run/walk
22	Mercer Island	Mercer Island Half – 13.1, 6.2 or 3.1 mile run/walk and kids dash
22	Seattle	Big Climb Seattle – Stair Climb
28	Olympia	Mtn. Marathon & Hillbilly Half Marathon – 26.2, 13.1 or 3.1 mile trail run/walk
29	Olympia	Friendship Run – 6.2 or 3.1 mile run/walk and kids 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 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	Trust branded Sunshield Buff	1 st LW Fit Event
2	Fit Happens 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