



# 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.

### MARCH

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### APRIL

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### MAY

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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
<b>MARCH</b>		
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
29	Everett	The Everett Half – 13.1 or 6.2 mile run/walk
<b>APRIL</b>		
4	Blaine	Birch Bay Road Race – 18.6, 9.3 or 3.1 mile run/walk
4	Shelton	Harstine Island Half Marathon – 13.1 or 2.2 mile run/walk
4	Olympia	Run Like A Fool 5k – 3.1 mile run/walk
4	Snohomish	Spartan Race Super – 6.2 mile obstacle course
5	Snohomish	Spartan Race Sprint – 3.1 mile obstacle course
5	Seattle	Walk MS Seattle – 3 or 1 mile run/walk
11	Seattle	Mimosa Me Crazy 5k – 3.1 mile run/walk
11	Seattle	The Tenacious Ten – 10 or 6.2 mile run/walk
11	Bonney Lake	Hauling Eggs 5k – 3.1 mile run/walk
11	Burlington	Tulip Run – 6.2 or 2 mile run/walk
18	Issaquah	Squak Mountain Trail Run – 31.1, 13.1 or 7.5 mile run/walk
18	Wenatchee	Wenatchee Marathon – 26.2, 13.1 or 6.2 mile run/walk
18	Seattle	Earth Day Run – 13.1, 9.3, 6.2 or 3.1 mile run/walk
18	Port Angeles	Oat Run – 13.1 or 7.5 mile trail run
19	Spokane	Negative Split – 13.1, 6.2 or 3.1 mile run/walk
19	Spokane	Spokane River Run – 31.1 mile relay, 15.5, 6.2 or 3.1 mile run/walk
19	Whidbey Island	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
25	Tumwater	Race Against Trafficking – 3.1 mile run/walk
25	Omak	Orchards in Bloom – 13.1 or 6.2 mile run/walk
25	Sequim	Railroad Bridge 5k/10k – 6.2 or 3.1 mile run/walk
25	Olympia	Capital Peak 50 miler/25k – 50 or 15.5 mile run/walk
25	Issaquah	Run with Faith 5k/10k – 6.2 or 3.1 mile run/walk
25	Redmond	Mud and Chocolate Trail Run – 4.5 mile trail run
26	Redmond	Mud and Chocolate Trail Run – 13.1 mile trail run
26	Spokane	Walk MS Spokane – 3 or 1 mile run/walk
26	Snoqualmie	Mt. Si Relay Ultra Runs – 50, 31.1, 26.2 or 13.1 mile run/walk
26	Bellevue	All in for Autism – 6.2 or 3.1 mile run/walk
26	Seattle	Top Pot Doughnut Dash – 3.1 mile run/walk and kids dash
<b>MAY</b>		
2	Winthrop	Sunflower Trail Marathon – 26.2 or 13.1 mile trail run/relay
2	Bellingham	Haggen to Haggen – 3.1 mile run/walk
2	Wenatchee	Apple Blossom Run – 6.2 or 3.1 mile run/walk
2	Lakewood	Hunger Walk & 5k – 3.1 mile run/walk
2	Tacoma	Star Wars 5k – 3.1 mile run/walk
2	Seattle	Fiesta 5k Ole – 3.1 mile run/walk
2-3	Tacoma	Tacoma City Marathon – 31 or 26.2 mile run/relay and 13.1 or 3.1 mile run/walk and kid's run
3	Monroe	Bubble Run – 3.1 mile run/walk
3	Seattle	Bike n Brews – 37 or 27 mile bike ride
3	Spokane	Bloomsday – 7.46 mile run/walk
9	Burlington	Skagit Spring Classic – 100, 64, 48 or 27 mile bike
9	Mount Vernon	Run For Your Mum – 3.1 mile run/walk
10	Steilacoom	I Love You Mom 5k Just Tri-7 Dragon #1 – 7 or 3.1 mile run/walk
16	Issaquah	Tiger Mountain Trail Run – 31.1, 13.1, 7.45 or 3.1 mile run/walk
16	Fircrest	Fircrest Color Run – 3.1 mile run/walk and kid's dash
16	Bothell	UW Bothell Husky 5k – 3.1 mile run/walk
16	Redmond	Enforcer 5k – 3.1 mile run/walk
17	Port Townsend	Rhody Run – 7.5 or 3.73 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<sup>(\*)</sup> 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.

<sup>(\*)</sup> 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<sup>(\*)</sup> (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 <sup>st</sup> LW Fit Event
2	Fit Happens 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 <sup>(*)</sup> , Fitbit <sup>(*)</sup> , or reimbursement of running/biking shoes*	4 <sup>th</sup> LW Fit Event