



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.

APRIL

			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		

MAY

					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						

JUNE

	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
APRIL		
18	La Conner	Tulip Pedal – 62, 40 or 20 mile bike ride
19	Spokane	Spokane River Run – 31.1 relay, 15.5, 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	Olympia	Capital Peak 50 miler/25k – 50 or 15.5 mile run/walk
25	Redmond	Mud and Chocolate Trail Run – 4.6 mile trail run
26	Redmond	Mud and Chocolate Trail Run – 13.1 mile trail run
26	Seattle	Top Pot Doughnut Dash – 3.1 mile run/walk

MAY		
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 Olé – 3.1 mile run/walk
3	Seattle	Bike n Brews – 37 or 27 mile bike ride
9	Burlington	Skagit Spring Classic – 100, 64, 48 or 27 mile bike ride
9	Mount Vernon	Run For Your Mum – 3.1 mile run/walk
16	Issaquah	Tiger Mountain Trail Run – 31.1, 13.1, 7.45 or 3.1 mile run/walk
16	Bothell	UW Bothell Husky 5k – 3.1 mile run/walk
16	Redmond	Enforcer 5k – 3.1 mile run/walk
16	Woodinville	Run or Wine 5k – 3.1 mile run/walk
16	Stanwood	Troll Stroll 5k – 3.1 mile run/walk
17	Seattle	Beat The Bridge – 4.97, 3 or 1 mile run/walk
17	Spokane	Windermere Marathon – 26.2, 13.1 or 3.1 mile run/walk
17	Orting	5k for the Fallen – 3.1 or 1 mile run/walk
17	Poulsbo	The Viking Tour – 58, 30 or 18 mile bike ride
23	Seattle	Magnuson Series Memorial Day Run – 9.3, 6.2 or 3.1 mile run/walk
23	Port Orchard	Fathoms O'Fun Seagull Splat Run – 3.1 mile run/walk
24	Bellingham	Ski to Sea – 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
30	Bellingham	Bellingham Brain Cancer Walk – 3.1 mile walk
30	Sammamish	Soaring Eagle Trail Run – 13.1, 6.2 or 3.1 mile run/walk
30	Redmond	Flying Wheels – 100, 67 or 47 mile bike ride
30	Shelton	Goldsborough Creek Run/Walk – 7 or 2 mile run/walk
30	Rainier	Rainier to Ruston Relay – 50 mile run/relay
31	Spokane	Strides For Strong Bones – 3, 2 or 1 mile walk

JUNE		
6	Maple Valley	Lake Wilderness Triathlon/Run – Olympic or Sprint tri/relay and 13.1, 6.2 or 3.1 mile run/walk
6	Blaine	Birch Bay Road Race – 18.6, 9.3 or 3.1 mile run/walk
6	Gig Harbor	US Bank Family Fun Run – 3.1 mile run/walk
6-7	Seattle	Rock 'N' Roll Marathon – 26.2, 13.1 or 3.1 mile run/walk
7	Cle Elum	Teaway Trail Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk
7	Seattle	More Than Pink Walk – 2.4 mile walk
7	Sequim	North Olympic Discovery Marathon – 26.2 run/relay, 13.1, 6.2 or 3.1 mile run/walk
13	Tacoma	Sound To Narrows – 7.5 or 3.1 mile run/walk
13	Seattle	Solstice Run – 9.3, 6.2 or 3.1 mile run/walk
14	North Bend	Light at the End of the Tunnel Marathon – 26.2 mile run/walk
14	Snohomish	Evergreen Half – 13.1 or 5 mile run/walk
14	Seattle	Furry 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	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