



# 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.

### MAY

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31						

### JUNE

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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>MAY</b>		
2	Winthrop	<b>Sunflower Trail Marathon</b> – 26.2 or 13.1 mile trail run/relay
2	Bellingham	<b>Haggen to Haggen</b> – 3.1 mile run/walk
2	Wenatchee	<b>Apple Blossom Run</b> – 6.2 or 3.1 mile run/walk
2	Lakewood	<b>Hunger Walk &amp; 5k</b> – 3.1 mile run/walk
2	Tacoma	<b>Star Wars 5k</b> – 3.1 mile run/walk
2	Seattle	<b>Fiesta 5k Ole</b> – 3.1 mile run/walk
2-3	Tacoma	<b>Tacoma City Marathon</b> – 31 or 26.2 mile run/relay and 13.1 or 3.1 mile run/walk
3	Monroe	<b>Bubble Run</b> – 3.1 mile run/walk
3	Seattle	<b>Bike n Brews</b> – 37 or 27 mile bike ride
3	Spokane	<b>Bloomsday</b> – 7.46 mile run/walk
9	Burlington	<b>Skagit Spring Classic</b> – 100, 64, 48 or 27 mile bike ride
9	Mount Vernon	<b>Run For Your Mum</b> – 3.1 mile run/walk
10	Steilacoom	<b>I Love You Mom 5k Just Tri-7 Dragon #1</b> – 7 or 3.1 mile run/walk
10	Seattle	<b>The Color Run</b> – 3.1 mile run/walk
16	Issaquah	<b>Tiger Mtn. Trail Run</b> – 31.1, 13.1, 7.45 or 3.1 mile run/walk
16	Fircrest	<b>Fircrest Color Run</b> – 3.1 mile run/walk
16	Bothell	<b>UW Bothell Husky 5k</b> – 3.1 mile run/walk
16	Redmond	<b>Enforcer 5k</b> – 3.1 mile run/walk
16	Woodinville	<b>Run or Wine 5k</b> – 3.1 mile run/walk
16	Stanwood	<b>Troll Stroll 5k</b> – 3.1 mile run/walk
17	Port Townsend	<b>Rhody Run</b> – 7.5 or 3.73 mile run/walk
17	Seattle	<b>Beat The Bridge</b> – 4.97, 3 or 1 mile run/walk
17	Spokane	<b>Windermere Marathon</b> – 26.2, 13.1 or 3.1 mile run/walk
17	Orting	<b>5k for the Fallen</b> – 3.1 mile run/walk
17	Poulsbo	<b>The Viking Tour</b> – 58, 30 or 18 mile bike ride
17	Olympia	<b>Capital City Marathon</b> – 26.2, 13.1 or 5 mile run/walk
23	Seattle	<b>Memorial Day Run</b> – 9.3, 6.2 or 3.1 mile run/walk
23	Port Orchard	<b>Fathoms O' Fun Seagull Splat Run</b> – 3.1 mile run/walk
24	Bellingham	<b>Ski to Sea</b> – 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
30	Bellingham	<b>Bellingham Brain Cancer Walk</b> – 3.1 mile walk
30	Sammamish	<b>Soaring Eagle Trail Run</b> – 13.1, 6.2 or 3.1 mile run/walk
30	Spokane	<b>Mermaid Run</b> – 6.2 or 3.1 mile run/walk
30	Redmond	<b>Flying Wheels</b> – 100, 67 or 47 mile bike ride
30	Shelton	<b>Goldsborough Creek Run/Walk</b> – 7 or 2 mile run/walk
30	Rainier	<b>Rainier to Ruston Relay</b> – 50 mile run/relay
<b>JUNE</b>		
6	Maple Valley	<b>Lake Wilderness Triathlon/Run</b> – Olympic, Sprint or kid tri relay and 13.1, 6.2 or 3.1 mile run/walk
6	Gig Harbor	<b>US Bank Family Fun Run</b> – 3.1 mile run/walk
6-7	Seattle	<b>Rock 'N' Roll Marathon</b> – 26.2, 13.1 or 3.1 mile run/walk
7	Cle Elum	<b>Teaway Trail Run</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
7	Seattle	<b>More Than Pink Walk</b> – 2.4 mile walk
7	Sequim	<b>North Olympic Discovery Marathon</b> – 26.2 run/walk/relay, 13.1, 6.2 or 3.1 mile run/walk
13	Tacoma	<b>Sound To Narrows</b> – 7.5 or 3.1 mile run/walk
13	Seattle	<b>Solstice Run</b> – 9.3, 6.2 or 3.1 mile run/walk
14	North Bend	<b>Light at the End of the Tunnel Marathon</b> – 26.2 mile run/walk
14	Snohomish	<b>Evergreen Half</b> – 13.1 or 5 mile run/walk
14	Seattle	<b>Furry 5k</b> – 3.1 mile run/walk
20	Anacortes	<b>Tesoro March Point Run</b> – 13.1, 6.2 or 3.1 mile run/walk
20	Spokane	<b>8 Lakes Leg Aches</b> – 75, 45 or 30 mile bike ride
21	Burlington	<b>Berry Dairy Days Run</b> – 13.1, 6.2 or 3.1 mile run/walk
21	Bothell	<b>Father's Day Marathon</b> – 26.2, 13.1, 7.5 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](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	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(*), Fitbit(*), or reimbursement of running/biking shoes*	4 <sup>th</sup> LW Fit Event