



# 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.

### JUNE

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	18	20
21	22	23	24	25	26	27
28	29	30				

### JULY

			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
<b>JUNE</b>		
6	Maple Valley	<b>Lake Wilderness Triathlon/Run</b> – Olympic or Sprint tri/relay and 13.1, 6.2 or 3.4 mile run/walk
6	Blaine	<b>Birch Bay Road Race</b> – 18.6, 9.3 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	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	Spokane	<b>8 Lakes Leg Aches</b> – 75, 45 or 30 mile bike ride
20	Port Angeles	<b>OAT Run</b> – 13.1 or 7.5 mile trail run
20	Federal Way	<b>Dash Point Trail Run</b> – 13.1 or 6.2 mile run walk
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
27	Bellingham	<b>Padden Triathlon</b> – Olympic or Sprint tri/relay and 10 or 3.1 mile relay
27	Port Orchard	<b>Hot Foot 5k</b> – 3.1 or 1 mile trail run/walk
27	Poulsbo	<b>Pets WALK 5k</b> – 3.1 mile walk

### JULY

4	Wenatchee	<b>River Run on the Fourth</b> – 6.2 or 3.1 mile run/walk
4	Tacoma	<b>Independence Day 5k</b> – 3.1 mile run/walk
4	Federal Way	<b>Miles for Meso</b> – 3.1 mile run/walk
4	Edmonds	<b>Beat Brackett 5k &amp; Baby Brackett 1k</b> – 3.1 or 0.62 mile run/walk
4	Olympia	<b>Firecracker 5k</b> – 3.1 mile run/walk
10-11	Blaine-Langley	<b>Northwest Passage Ragnar</b> – varies 13.9 - 22.1 mile relay
11	Bellingham	<b>Chuckanut Foot Race</b> – 7 mile trail run
11	Seattle	<b>Refuse to Abuse</b> – 3.1 mile run/walk
11	Black Diamond	<b>Black Diamond Miners Day 5k</b> – 3.1 mile run/walk
11	Kent	<b>Kent Cornucopia Days 5k</b> – 3.1 mile run/walk
11	McCleary	<b>The Dirty Dash</b> – 3.1 mile obstacle course
18	Buckley-Orting	<b>Buckley to Orting Half Marathon</b> – 13.1 or 6.2 mile run/walk
18	Bellingham	<b>Tour de Whatcom</b> – 100, 62, 44 or 22 mile bike ride
18	Vashon Island	<b>Bill Burby 10k/5k</b> – 6.2 or 3.1 mile run/walk
18	Seattle	<b>Run for Home 5.5k</b> – 3.4 mile run/walk
18-19	Chelan	<b>Chelanman</b> – Olympic or Sprint triathlon/relay and 13.1, 6.2 or 3.1 mile run/walk
18-19	Seattle-Portland	<b>STP</b> – 188 mile bike ride
19	Seattle	<b>Seafair Triathlon</b> – Olympic, Sprint and Kids triathlon
19	West Seattle	<b>West Seattle Beach Run</b> – 31, 26.2, 15.5 and 13.1 mile run/walk
25	Silverdale	<b>Whale of a Run</b> – 4 or 1 mile run/walk
25	Lake Stevens	<b>Aqua Run</b> – 6.2, 3.1 or 0.62 mile run/walk
25	Seattle	<b>Seafair Torchlight Run</b> – 4.97 or 3.1 mile run/walk
25-26	North Bend	<b>Jack and Jill's Downhill Marathon</b> – 26.2 or 13.1 mile run/walk
26	Woodinville	<b>Run or Wine 5k PLUS Yoga</b> – 3.1 mile run/walk
26	Seattle	<b>Seattle Night Ride</b> – 13 mile bike ride

**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