

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.

JUNE

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Look for these icons throughout the year to see what counts toward HRA Funding.

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New events added each month! Be sure to check the website for the most up to date calendar.

JUNE 14 Snohomish Evergreen Half – 13.1 or 5 mile run/walk 8 Lakes Leg Aches – 75, 45 or 30 mile bike ride OAT Run – 13.1 or 7.5 mile run/walk 8 Lakes Leg Aches – 75, 45 or 30 mile bike ride OAT Run – 13.1 or 7.5 mile run/walk 9 Lakes Leg Aches – 75, 45 or 30 mile bike ride OAT Run – 13.1 or 7.5 mile run/walk 9 Lakes Leg Aches – 75, 45 or 30 mile bike ride OAT Run – 13.1 or 7.5 mile run/walk 9 Lakes Leg Aches – 75, 45 or 30 mile bike ride 10 Lakes Leg Aches – 75, 45 or 30 mile bike ride 10 Lakes Leg Aches – 75, 45 or 30 mile bike ride 10 Lakes Leg Aches – 75, 45 or 31 mile run/walk 10 Lakes Leg Aches – 75, 45 or 31 mile run/walk 10 Lakes Leg Aches – 75, 45 or 31 mile run/walk 10 Lakes Leg Aches – 75, 45 or 31 mile run/walk 10 Lakes Leg Aches – 75, 45 or 31 mile run/walk 10 Lakes Leg Aches – 75, 45 or 31 mile run/walk 10 Lakes Leg Aches Leg Aches – 3.1 mile run/walk 10 Lakes Leg Aches Leg Ache			
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	15	Gig Harbor-	Tacoma Narrows Half – 13.1 mile run/relay and 3.1 mile
Tacoma run/walk			· · · · · · · · · · · · · · · · · · ·
15 Bremerton Food Truck 5k & Block Party – 6.2 or 3.1 mile run/walk	15	Bremerton	Food Truck 5k & Block Party – 6.2 or 3.1 mile run/walk
15 Rainier-Ruston Rainier to Ruston – 50 mile run/relay	15	Rainier-Ruston	
MORE TO COME!			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)

- 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.

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	1st 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

^(*) 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.