



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.

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	

AUGUST

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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					

SEPTEMBER

		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
JULY		
4	Wenatchee	River Run on the Fourth – 6.2 or 3.1 mile run/walk
4	Tacoma	Independence Day 5k Point Ruston – 3.1 mile run/walk
4	Edmonds	Beat Brackett 5k & Baby Brackett 1k – 3.1 or 0.62 mile run/walk
18	Buckley-Orting	Buckley to Orting Half Marathon – 13.1 or 6.2 mile run/walk
18	Olympia	Olympia Lakefair Races – 13.1, 4.97 or 1.8 mile run/walk
25	Lake Stevens	Aqua Run – 6.2, 3.1 or 0.62 mile run/walk
25-26	North Bend	Jack and Jill's Downhill Marathon – 26.2 or 13.1 mile run/walk
26	Woodinville	Run or Wine 5k PLUS Yoga – 3.1 mile run/walk
AUGUST		
1	Enumclaw	Black Diamond Triathlon – Olympic, Sprint, Super Sprint and Relay triathlon
1	Issaquah	Tiger Peak Challenge – 31, 13.1 or 5 mile run/walk
1	Gig Harbor	Galloping Gertie Half Marathon, 10k & 5k – 13.1, 6.2 or 3.1 mile run/walk
1	Anacortes	Anacortes Art Dash – 13.1, 6.2 or 3.1 mile run/walk
2	Port Angeles	Ride the Hurricane – 100 or 36.8 mile bike ride
8	Lake Stevens	Live is Sweet 5k Sweet Run – 3.1 mile run/walk
8	Monroe	Lake Tye Triathlon – Olympic, Sprint triathlon/relay and Youth triathlon
8	Coupeville	Race the Reserve – 26.2, 13.1, 6.2 or 3.1 mile run/walk
8	Washougal	Spartan Sprint – 3.1 mile obstacle course
15	Snohomish	Run 2 Pieces 5k/10k – 6.2 or 3.1 mile run/walk
15	Whidbey Island	Tour de Whidbey – 162, 100, 67, 33 or 10 mile bike ride
15	Ocean Shores	Run S'More 5k – 3.1 mile run/walk
15	Gig Harbor-Tacoma	Tacoma Narrows Half – 13.1 run/relay and 3.1 mile run/walk
15	Rainier-Ruston	Rainier to Ruston – 50 mile run/relay
16	Seattle	Furry 5k – 3.1 mile run/walk
16	Sammamish	Mud & Chocolate Gnome Run – 13.1 or 4.5 mile trail run
22	Seattle	Seattle Marathon Summer 5k/10k – 6.2 or 3.1 mile run/walk
22	Kent	Lake Meridian Triathlon – Olympic, Sprint, Super Sprint and Relay triathlon
22	Poulsbo	The Viking Tour – 58, 30 or 18 mile bike ride
26	Tacoma	Thirsty Summer Nights – 3.1 mile run/walk
29	Omak	Omak Warrior Stampede – 4 mile obstacle course
29-30	Issaquah	Kids Obstacle Challenge – 2 mile obstacle course
30	North Bend	Iron Horse Marathon – 13.1 mile run/walk
SEPTEMBER		
5	Bonney Lake	Bonney Lake Triathlon – Olympic or Sprint triathlon/relay
6	Spokane	Windermere Marathon – 26.2, 13.1 or 3.1 mile run/walk
12	Carnation	Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk
12	Auburn	Pacific Runderland – 6.2 or 3.1 mile run/walk
12	Lake Stevens	Lake Stevens Triathlon – Olympic or Sprint triathlon and Olympic or Sprint ParaAthlete
12	Snohomish	Spartan Beast – 13 mile obstacle course
12	Port Angeles	GOAT Run – 31, 26.2, or 13.1 mile trail run
12	Vashon Island	Passport 2 Pain – 80, 50, 30 or 12 mile bike ride
13	Spokane	Spokefest – 50, 21 or 9 mile bike ride
13	Snohomish	Spartan Super and Sprint – 6.2 or 3.1 mile obstacle course
13	Whidbey Island	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
13	Gig Harbor	Race For A Soldier – 13.1, 10 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 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