



# 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.

### AUGUST

2	3	4	5	6	7	1
9	10	11	12	13	14	8
16	17	18	19	20	21	15
23	24	25	26	27	28	22
30	31					29

### SEPTEMBER

6	7	1	2	3	4	5
13	14	8	9	10	11	12
20	21	15	16	17	18	19
27	28	22	23	24	25	26

### OCTOBER

4	5	6	7	1	2	3
11	12	8	9	10	11	12
18	19	13	14	15	16	17
25	26	20	21	22	23	24
		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>AUGUST</b>		
16	Sammamish	<b>Mud &amp; Chocolate Gnome Run</b> – 13.1 or 4.5 mile trail run
22	Seattle	<b>Seattle Marathon Summer 5k/10k</b> – 6.2 or 3.1 mile run/walk
22	Kent	<b>Lake Meridian Triathlon</b> – Olympic, Sprint, Super Sprint and Relay triathlon
22	Poulsbo	<b>The Viking Tour</b> – 58, 30 or 18 mile bike ride
26	Tacoma	<b>Thirsty Summer Nights</b> – 3.1 mile run/walk
30	North Bend	<b>Iron Horse Half Marathon</b> – 13.1 mile run/walk
<b>SEPTEMBER</b>		
5	Bonney Lake	<b>Bonney Lake Triathlon</b> – Olympic or Sprint triathlon/relay
6	Spokane	<b>Windermere Marathon</b> – 26.2, 13.1 or 3.1 mile run/walk
12	Auburn	<b>Pacific Runderland</b> – 6.2 or 3.1 mile run/walk
12	Lake Stevens	<b>Lake Stevens Triathlon</b> – Olympic or Sprint triathlon and Olympic or Sprint ParaAthlete
12	Snohomish	<b>Spartan Beast</b> – 13 mile obstacle course
12	Port Angeles	<b>GOAT Run</b> – 31, 26.2 or 13.1 mile trail run
12	Vashon Island	<b>Passport 2 Pain</b> – 80, 50, 30 or 12 mile bike ride
13	Spokane	<b>Spokefest</b> – 50, 21 or 9 mile bike ride
13	Snohomish	<b>Spartan Super and Sprint</b> – 6.2 or 3.1 mile obstacle course
13	Whidbey Island	<b>Whidbey Island Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
13	Gig Harbor	<b>Race for a Soldier</b> – 13.1, 10 or 3.1 mile run/walk
19	Grand Coulee	<b>Run the Dam</b> – 13.1, 6.2 or 3.1 mile run/walk
19-20	Seattle	<b>Orca Half Marathon</b> – 13.1 mile run
20	North Bend	<b>Tunnel Light Marathon</b> – 26.2 mile trail marathon
20	Tukwila	<b>Seattle Sounders FC Rave Green Run</b> – 3.1 mile run/walk
26	Maple Valley	<b>Tails 'n Trails 5k</b> – 3.1 mile run/walk
26-27	Black Diamond	<b>Tough Mudder</b> – Varies 8-10 mile or 3.1 mile obstacle course
27	Bellingham	<b>Bellingham Bay Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and 13.1 mile relay
27	Seattle	<b>Base 2 Space</b> – Stair Climb
27	Spokane	<b>Negative Split</b> – 13.1, 6.2 or 3.1 mile run/walk
27	Seattle	<b>More Than Pink Walk</b> – 3.1 mile walk
<b>OCTOBER</b>		
3	Leavenworth	<b>The Leavenworth Marathon</b> – 26.2 or 13.1 mile run/walk
3	Seattle	<b>Where's Wanda 5k</b> – 3.1 mile run/walk
10	Port Townsend	<b>Tour de Forts</b> – 62, 26 or 11 mile bike ride
10	Tacoma	<b>Fall Harvest 5k</b> – 3.1 mile run/walk
10	Anacortes	<b>Fidalgo Trail Run</b> – 26.2, 13.1 or 5 mile run/walk
10	Poulsbo	<b>Poulsbo Half &amp; 10k</b> – 13.1 or 6.2 mile run/walk
10	Bellingham	<b>Salish to Salish 10k</b> – 6.2 mile run/walk
10	Bellingham	<b>Lake Padden Trail Half</b> – 13.1 or 3.1 mile run/walk
10	Tacoma	<b>Defiance 50k/30k/15k</b> – 18.6 or 9.3 mile run/walk and 31 mile run/relay
11	Coupeville	<b>Race the Reserve</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and marathon relay
11	Spokane	<b>The Spokane Marathon</b> – 13.1 or 6.2 mile run/walk and 26.2 run/relay
17	Snohomish	<b>Snohomish River Run 5k/10k</b> – 6.2 or 3.1 mile run/walk
17	Leavenworth	<b>Oktoberfest Trail Runs</b> – 10 or 5 mile trail run
17	Port Townsend	<b>2020 Larry Scott Trail 5k/10k</b> – 13.1, 6.2 or 3.1 mile run/walk
17	Issaquah	<b>Squak Mountain Trail Run</b> – 31.1, 13.1 or 7.5 mile run/walk
18	Snohomish	<b>Snohomish River Run Marathon &amp; Half</b> – 26.2 or 13.1 mile run/walk
25	Seattle	<b>Purple Stride Puget Sound 2020</b> – 3.1 mile run/walk
25	Newcastle	<b>Cougar Mountain Trail Run</b> – 31, 19.5 or 7.6 mile run
31	Sumner	<b>Pumpkin Run</b> – 3.1 mile run/walk
31	Seattle	<b>Run Scared</b> – 6.2 or 3.1 mile run/walk and 2.5 mile 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<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