



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.

OCTOBER

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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

NOVEMBER

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

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27	28	29	30	31		

Date	City	Event Name and Description
OCTOBER		
3	Seattle	Where's Wenda 5k – 3.1 mile run/walk
10	Tacoma	Defiance 50k/30k/15k – 18.6 or 9.3 mile run/walk and 31 mile run/relay
17	Snohomish	Snohomish River Run 5k/10k – 6.2 or 3.1 mile run/walk
17	Port Townsend	2020 Larry Scott Trail 5k/10k – 13.1, 6.2 or 3.1 mile run/walk
17	Issaquah	Squak Mountain Trail Run – 31.1, 13.1 or 7.5 mile run/walk
18	Snohomish	Snohomish River Run Marathon & Half – 26.2 or 13.1 mile run/walk
24	Spokane	Wild Moose Chase – 15.5, 6.2 or 3.1 mile run/walk
31	Sumner	Pumpkin Run – 3.1 mile run/walk
NOVEMBER		
8	Redmond	Winter Pineapple Classic – 3.1 mile obstacle course
14-16	Issaquah	Grand Ridge Trail Runs – 31, 26.2, 13.1 or 5 mile trail run/walk
17	Seattle	Greenlake Gobble – 6.2 or 3.1 mile run/walk
21	Woodinville	Run or Wine 5k – 3.1 mile run/walk
26	Gig Harbor	Gig Harbor Turkey Trot – 6.2 or 3.1 mile run/walk
26	Wenatchee	Turkey on the Run – 7.4 or 3.1 mile run/walk
26	Mukilteo	Turkey Trot Mukilteo – 11.2 or 3.1 mile run/walk
26	Seattle	Hi5k Thanksgiving Day Apple Cup 5k – 3.1 mile run/walk
26	Tacoma	Tacoma City Turkey Trot – 3.1 or 1 mile run/walk and kids run
26	Puyallup	Gobble Gobble 5k/10k – 6.2 or 3.1 mile run/walk
26	Silverdale	Silverdale Rotary Turkey Trot 2020 – 3.1 or 1 mile run/walk
26	Olympia	The Oly Trot – 4 mile run/walk and kids run
29	Seattle	Seattle Marathon – 26.2 or 13.1 mile run/walk
DECEMBER		
5	Blyn	Jamestown S'Kallam 5k/10k – 6.2 or 3.1 mile run/walk
5	Bremerton	Ho Ho Holiday Run – 3.1 mile run/walk and kids run
5	Puyallup	Christmas Sock Dash 5k and Sock Dash – 3.1 mile run/walk
5	Seattle	The Electronic Cookie Run – 6.2 or 3.1 mile run/walk
6	Snohomish	Chase the Grinch Outta Snohomish – 6.2 or 3.1 mile run/walk
12	Arlington	Hot Cocoa Run – 6.2 or 3.1 mile run/walk
12	Tacoma	Santa Runs Tacoma – 13.1 run/relay, 6.2 or 3.1 mile run/walk and kids run
12	Kent	Christmas Rush Fun Run/Walk – 6.2 or 3.1 mile run/walk
13	Kirkland	12ks Of Christmas – 7.4 or 3.1 mile run/walk
27	Port Orchard	Yukon Do It – 26.2, 13.1, 6.2 or 3.1 mile run/walk
MORE TO COME!		

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.



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