



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.

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		

OCTOBER

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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						

NOVEMBER

	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
SEPTEMBER		
18	Olympia	Club Oly Fall Frolic 2021 – 5 mile run/walk
18	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
18	Spokane	Happy Girls Run Spokane – 13.1, 6.2 or 3.1 mile run/walk and kids run
18	Bonney Lake	Tehaleh Trail Run – 13.1, 6.2 or 3.1 mile trail run and kids run
18	Redmond	Get Your Rear in Gear – 3.1 mile run/walk and kids fun run
18-19	Seattle	Orca Half Marathon – 13.1 mile run/walk
19	Gig Harbor	Race for a Soldier – 13.1, 10 or 3.1 mile run/walk
19	Quilcene	Quilcene Oyster Races – 13.1, 6.2 or 3.1 mile trail run/walk and kids run
19	Tukwila	Seattle Sounders FC Rave Green Run – 3.1 mile run/walk
25	Bellingham	Bellingham Bay Marathon – 6.2 or 3.1 mile run/walk
25	Port Angeles	The Big Hurt – Multi-sport team and solo race
25-26	Black Diamond	Tough Mudder – 5 mile obstacle course or relay
26	Bellingham	Bellingham Bay Marathon – 26.2 or 13.1 mile run/walk
26	Kitsap	Kitsap Color Classic – 53, 35 or 25 mile bike ride
26	Spokane	Sekani Trail Run – 6.2 or 3.1 mile trail run/walk and kids race
OCTOBER		
2	Leavenworth	Leavenworth Marathon – 26.2 or 13.1 mile run/walk
9	Anacortes	Fidalgo Trail Run – 26.2, 13.1 or 5 mile trail run/walk and kid's race
9	Puyallup	Puyallup Valley 10k & Half Marathon – 13.1 or 6.2 mile run/walk
9	Port Angeles	Tour de Forts – 62 or 14 mile bike ride
9	Port Angeles	Crab Fest 5k Fun Run – 3.1 mile run/walk
9	Coupeville	Race the Reserve – 13.1, 6.2 or 3.1 mile run/walk
10	Spokane	The Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk and 26.2 mile relay
10	Seattle	Where's Wanda 5k – 3.1 mile run/walk
16	Poulsbo	Poulsbo Half Marathon & 10k – 13.1 or 6.2 mile run/walk
16	Tacoma	Defiance 50k/30k & 15k – 31, 18.6 or 9.3 mile trail run/walk
16	Port Townsend	Larry Scott Trail Run – 13.1, 6.2 or 3.1 mile run/walk
16	Orting	Donut Dash 5k – 3.1 mile run/walk
16-17	Snohomish	Snohomish River Run – 32.4, 29.3, 26.2, 19.3, 16.2, 13.1, 6.2 or 3.1 mile run/walk
17	Leavenworth	Oktoberfest Trail Runs – 10 or 5 mile trail run/walk and kids race
17	Spokane	Wild Moose Chase – 15.5, 6.2 or 3.1 mile trail run/walk
30	Tacoma	Wicked Fast 5k Halloween Run – 3.1 mile run/walk
31	Redmond	Captain Jack's Treasure Run – 7.4, 5 or 3.1 mile run/walk and kid's race
31	Seattle	Run Scared – 6.2 or 3.1 mile run/walk
31	Newcastle	Cougar Mountain Trail Run – 30, 19.5, 7.6 or 3.1 mile run/walk
NOVEMBER		
13	Issaquah	Grand Ridge Trail Runs – 31, 26.2, 13.1 or 5 mile trail run/walk
13	Mount Vernon	Fowl Fun Run – 6.2 or 3.1 mile run/walk
25	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kids run
25	Puyallup	Gobble Gobble 5k/10k – 6.2 or 3.1 mile run/walk
25	Mukilteo	Turkey Trot Mukilteo – 6.2 or 3.1 mile run/walk
26	Wenatchee	Turkey on the Run – 7.5 or 3.1 mile run/walk
28	Seattle	Seattle Marathon – 26.2 or 13.1 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 *Sound Support 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