



# 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.

### DECEMBER

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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	

### JANUARY

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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					

### FEBRUARY

		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					

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>DECEMBER</b>		
4	Blyn	<b>Jamestown S'Klallam Tribe Run</b> – 6.2 or 3.1 mile trail run/walk
4	Seattle	<b>The Electric Cookie Run</b> – 2.8 mile run/walk
4	Redmond	<b>Redmond Reindeer Romp</b> – 13.1 or 5 mile trail run/walk
5	Seattle	<b>This Is The Way 5k</b> – 3.1 mile run/walk
11	Tacoma	<b>Santa Runs Tacoma</b> – 13.1 or 3.1 mile run/walk
11	Kent	<b>Christmas Rush Fun Run/Walk</b> – 6.2 or 3.1 mile run/walk
11	Bellingham	<b>Jingle Bell Run Bellingham</b> – 3.1 or 1 mile run/walk and kids fun run
11	Puyallup	<b>Santa's Sleigh 5k</b> – 3.1 mile run/walk
12	Seattle	<b>Jingle Bell Run Seattle</b> – 3.1 or 1 mile run/walk and kids run
12	Kirkland	<b>12ks Of Christmas</b> – 7.5 or 3.1 mile run/walk
18	Port Orchard	<b>Yukon Do It! Winter Edition</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and marathon relay
18	Olympia	<b>White Elephant Run 5.0 Mile</b> – 5 mile run/walk
18	Redmond	<b>Santa Bear 6k</b> – 3.7 mile run/walk
24	Puyallup	<b>Christmas Eve Ugly Sweater 5k</b> – 3.1 mile run/walk and kids dash

<b>JANUARY</b>		
1	Snohomish	<b>Bling In The New Year Marathon &amp; Half Marathon</b> – 26.2 or 13.1 mile run/walk
1	Kent	<b>Meridian Valley Country Club Fun Run</b> – 3.1 or 1.2 mile run/walk
1	Seattle	<b>Resolution Run 5k &amp; Polar Bear Dive</b> – 3.1 mile run/walk
2	Redmond	<b>The Pop Tart Run</b> – 3.1 mile run/walk
2	Kenmore	<b>Absolution Run</b> – 8 or 4 mile trail run/walk
8	Steilacoom	<b>Ft. Steilacoom Resolution Run Series: 5 mile or 5k</b> – 5 or 3.1 mile run/walk
9	Battle Ground	<b>Resolution Run</b> – 9.3, 6.2 or 3.1 mile run/walk
15	Puyallup	<b>No Sun Fun Run</b> – 3.1 mile run/walk
15	Sammamish	<b>Frost Eagle Trail Run</b> – 13.1 or 5 mile trail run/walk
16	Puyallup	<b>Run My Mimosa Off 5k</b> – 3.1 mile run/walk
29	Redmond	<b>Rain Run</b> – 6.2 or 3.1 mile run/walk
29	Steilacoom	<b>Ft. Steilacoom Resolution Run Series: 10 mile, 10k or 5k</b> – 10, 6.2 or 3.1 mile run/walk

<b>FEBRUARY</b>		
13	Seattle	<b>My Better Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk
19	Montesano	<b>Run Forest Run</b> – 31 or 15.5 mile trail run/walk
26	Steilacoom	<b>Ft. Steilacoom Resolution Run Series: 15 mile, 15k or 5k</b> – 15, 9.3 or 3.1 mile run/walk
26	Port Angeles	<b>Frosty Moss Relay</b> – 80 or 30 mile relay trail run/walk
26	Snohomish	<b>Lord Hill Trail Run</b> – 31, 20, 10 or 3.1 mile run/walk
<b>MORE TO COME!</b>		





# 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 *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.

<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