



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.

FEBRUARY

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

MARCH

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
		29	30	31		

APRIL

					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
FEBRUARY		
5	Puyallup	Great American Foot Race Half Marathon & 10k – 13.1 or 6.2 mile run/walk
5	Port Angeles	Elwha River Bridge Run – 6.2 or 3.1 mile run/walk
5	Woodinville	Run or Wine 5k & 8k – 5 or 3.1 mile run/walk
12	Spokane	Partners In Pain – 3.1 mile run/walk
12	Kirkland	Valentine's Day Dash – 3.1 mile run/walk and kids dash
12	Seattle	Hi5k Seattle Super 5k – 3.1 mile run/walk
12	Seattle	Winter Breeze – 9.3, 6.2 or 3.1 mile run/walk and kids dash
13	Seattle	My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
13	Puyallup	The Souper Bowl 5k – 3.1 mile run/walk
19	Montesano	Run Forest Run – 31 or 15.5 mile trail run/walk
19	Sedro-Woolley	Woolley Trail Runs – 31.1 or 26.2 mile trail run/walk
19	Olympia	ROAD-odend-RUN – 6 mile relay run/walk and kids dash
26	Steilacoom	Ft. Steilacoom Resolution Run Series: 15 mile, 15k or 5k – 15, 9.3 or 3.1 mile run/walk
26	Port Angeles	Frosty Moss Relay – 80 or 30 mile relay trail run/walk
26	Snohomish	Lord Hill Trail Run – 31, 20, 10 or 3.1 mile run/walk
27	Bainbridge Island	Chilly Hilly – 33 mile bike ride

MARCH

5	Redmond	Lake Sammamish Half Marathon – 13.1 mile run/walk
6	Seattle	Hot Chocolate Run – 9.3 or 3.1 mile run/walk
12	Kirkland	Kirkland Shamrock Run – 3.1 mile run/walk and kids run
12	Puyallup	Go Your Gnome Way – 3.1 mile trail run/walk
12	Arlington	ShamRock and Roll 5k/10k – 6.2 or 3.1 mile run/walk
12	Woodinville	Woodinville Leprechaun Leap – 6.2 or 3.1 mile run/walk
12	Oak Harbor	Deception Pass Marathon & Half – 26.2 or 13.1 mile run/walk and kid's race
12	Tacoma	St. Paddy's Day Run Tacoma – 13.1 or 3.1 mile run/walk
13	Spokane	Shamrock Shuffle – 7 or 3.1 mile run/walk
13	Seattle	Seattle St. Patrick's Day Dash – 3.1 mile run/walk and kids dash
19	Steilacoom	Ft. Steilacoom Resolution Run Series: 20 mile, 20k or 5k – 20, 12.4 or 3.1 mile run/walk
19	Federal Way	Dash Point Trail Run – 13.1 or 6.2 mile trail run/walk
19	Seattle	Spring Into Action – 9.3, 6.2 or 3.1 mile run/walk
19	Bellingham	Chuckanut 50k – 31 mile run/walk
20	Vancouver	Couve Clover Run – 10, 7 or 3 mile run/walk
26	Everson	Honeywagon Runs – 13.1 or 4 mile run/walk
27	Everett	The Everett Half – 13.1 or 6.2 mile run/walk

APRIL

2	Blaine	Birch Bay Road Race – 18.6, 9.3 or 3.1 mile run/walk
10	Puyallup	Daffodil 8k – 4.97 mile run/walk
10	Spokane	The Split – 13.1, 6.2 or 3.1 mile run/walk
16	Redmond	The Rain Run Half Marathon 2022 – 13.1 mile run/walk
16	Wenatchee	Wenatchee Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
16	Port Angeles	OAT Run 2022 – 13.1 or 7.5 mile trail run/walk
23	Sequim	Railroad Bridge Park Run – 6.2 or 3.1 mile run/walk
23	Olympia	Capital Peak 50 miler/25k – 50 or 15.5 mile trail run/walk
24	Oak Harbor	The Whidbey Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kids dash
30	Winthrop	Sunflower Trail Marathon – 26.8 or 13.1 mile trail run/walk or relay
30	Tacoma	Tacoma City Marathon, Half Marathon & 5k – 26.2, 13.1 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 *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