



# 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.

### 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

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

### MAY

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	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>MARCH</b>		
13	Spokane	<b>Shamrock Shuffle</b> – 7 or 3.1 mile run/walk
13	Seattle	<b>Seattle St. Patrick's Day Dash</b> – 3.1 mile run/walk and kids dash
19	Steilacoom	<b>Ft. Steilacoom Resolution Run Series: 20 mile, 20k or 5k</b> – 20, 12.4 or 3.1 mile run/walk
19	Federal Way	<b>Dash Point Trail Run</b> – 13.1 or 6.2 mile trail run/walk
19	Bellingham	<b>Chuckanut 50k</b> – 31 mile run/walk
19	Enumclaw	<b>Enumclaw St. Paddy's Day Dash</b> – 3.1 mile run/walk and kids dash
19	Chelan	<b>Chelan Shamrock Shuffle 5k</b> – 3.1 mile run/walk
20	Vancouver	<b>Couve Clover Run</b> – 10, 7 or 3 mile run/walk
26	Everson	<b>Honeywagon Runs</b> – 13.1 or 4 mile run/walk
26	Seattle	<b>UW Cherry Blossom Run</b> – 13.1 or 3.1 mile run/walk
27	Everett	<b>The Everett Half</b> – 13.1 or 6.2 mile run/walk
27	Seattle	<b>Big Climb Seattle</b> – 1 mile stair climb
<b>APRIL</b>		
2	Blaine	<b>Birch Bay Road Race</b> – 18.6, 9.3 or 3.1 mile run/walk
2	Enumclaw	<b>Mud Mountain Dam Half Marathon</b> – 13.1 or 3.1 mile run/walk
10	Puyallup	<b>Daffodil 8k</b> – 4.97 mile run/walk
10	Spokane	<b>The Split</b> – 13.1, 6.2 or 3.1 mile run/walk
16	Redmond	<b>The Rain Run Half Marathon 2022</b> – 13.1 mile run/walk
16	Wenatchee	<b>Wenatchee Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
16	Port Angeles	<b>OAT Run</b> – 13.1 or 7.5 mile trail run/walk
16	Seattle	<b>Earth Day Run</b> – 13.1, 9.3 or 3.1 mile run/walk
16	Bonney Lake	<b>Hauling Eggs 5k</b> – 3.1 mile run/walk
16	Spokane	<b>Spokane Superhero Fun Run 2022</b> – 6.2 or 3.1 mile run/walk
23	Sequim	<b>Railroad Bridge Park Run</b> – 6.2 or 3.1 mile run/walk
23	Olympia	<b>Capital Peak 50 miler/25k</b> – 50 or 15.5 mile trail run/walk
23	Issaquah	<b>Squak Mountain Trail Run</b> – 31, 13.1 or 7.5 mile trail run/walk
24	Snoqualmie	<b>Mt. Si Relay Ultra Runs</b> – 50, 31, 26.2 or 13.1 mile run and 60 mile relay
24	Seattle	<b>Walk MS Seattle</b> – 3 or 1 mile walk
24	Oak Harbor	<b>The Whidbey Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kids dash
24	Spokane	<b>Spokane River Run</b> – 15.5, 6.2 or 3.1 mile run/walk and 31.1 mile relay
30	Winthrop	<b>Sunflower Trail Marathon</b> – 26.8 or 13.1 mile trail run/walk or relay
30	Tacoma	<b>Tacoma City Marathon, Half Marathon &amp; 5k</b> – 26.2, 13.1 or 3.1 mile run/walk
30	Snohomish	<b>Snohomish Woman's Run 5k</b> – 3.1 mile run/walk
30	Seattle	<b>PanCAN PurpleStride Puget Sound 2022</b> – 3 mile run/walk
30	Wenatchee	<b>Wenatchee Valley Color Rush 5k</b> – 3.1 mile run/walk
<b>MAY</b>		
1	Snohomish	<b>Snohomish Woman's Run 10k &amp; Half Marathon</b> – 13.1 or 6.2 mile run/walk
1	Monroe	<b>Bubble Run</b> – 3.1 mile run/walk
1	Spokane	<b>Bloomsday</b> – 7.46 mile run/walk
1	Puyallup	<b>Explore Puyallup Scavenger Run 12k</b> – 7.5 mile scavenger run/walk
7	Burlington	<b>Skagit Spring Classic</b> – 100, 62.5 or 25 mile bike ride
7	Lakewood	<b>Hunger Walk</b> – 3.1 mile walk
7	Redmond	<b>May The Course Be With You 5k</b> – 3.1 mile run/walk
8	Kirkland	<b>Mother's Day Half Marathon &amp; 5k</b> – 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<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: Fitbit/or other fitness tracking device/watch <sup>(*)</sup> or reimbursement of running/biking shoes <sup>(*)</sup>	4 <sup>th</sup> LW Fit Event