



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.

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

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				

JUNE

			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
APRIL		
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
23	Issaquah	Squak Mountain Trail Run – 31, 13.1 or 7.5 mile trail run/walk
23	La Conner	Tulip Pedal – 60, 40 or 20 mile bike ride
24	Snoqualmie	Mt Si Relay Ultra Runs – 50, 31, 26.2 or 13.1 mile run and 60 mile relay
24	Seattle	Walk MS Seattle – 3 or 1 mile walk
24	Oak Harbor	The Whidbey Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
24	Spokane	Spokane River Run – 15.5, 6.2 or 3.1 mile run/walk and 31.1 mile relay
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
30	Snohomish	Snohomish Woman's Run 5k – 3.1 mile run/walk
30	Seattle	PanCAN PurpleStride Puget Sound 2022 – 3 mile run/walk
30	Wenatchee	Wenatchee Valley Color Rush 5k – 3.1 mile run/walk
MAY		
1	Snohomish	Snohomish Woman's Run 10k & Half Marathon – 13.1 or 6.2 mile run/walk
1	Spokane	Bloomsday – 7.46 mile run/walk
1	Puyallup	Explore Puyallup Scavenger Run 12k – 7.5 mile scavenger run/walk
7	Burlington	Skagit Spring Classic – 100, 62.5 or 25 mile bike ride
7	Lakewood	Hunger Walk – 3.1 mile walk
7	Redmond	May the Course Be With You 5k – 3.1 mile run/walk
8	Kirkland	Mother's Day Half Marathon & 5k – 13.1 or 3.1 mile run/walk
14	Friday Harbor	San Juan Island Half – 13.1 mile run and kid's race
14-15	Olympia	Capital City Marathon – 26.2, 13.1 or 5 mile run/walk
14-15	Puyallup	Run Like the Mountain's Out 2 Day Challenge – 13.1, 6.2 or 3.1 mile run/walk
15	Spokane	Windermere Marathon – 26.2, 13.1, 6.2 or 3.1 mile trail run/walk and kid's challenge
15	Seattle	Beat The Bridge – 5, 3 or 1 mile run/walk
21	Sammamish	Soaring Eagle Trail Run – 13.1, 7.5 or 3.1 mile trail run/walk
22	Port Townsend	Rhody Run Redux – 6.2 or 3.1 mile run/walk
22	Seattle	Bike n Brews – 40 or 32 mile bike ride
22-23	Woodinville	Run or Wine 5k – 3.1 mile run/walk
29	Bellingham	Ski to Sea – 78.5 mile relay: multi-sport event
JUNE		
4	Maple Valley	Lake Wilderness Triathlon or 5k – 13.1, 6.2 or 3.1 mile run/walk and Olympic, Sprint or Kids Triathlon
4	Redmond	Flying Wheels – 100, 70 or 50 mile bike ride
4	Fairfax-Ruston	Rainier to Ruston Relay – 50 mile relay or solo run/walk
4	Long Beach	Beach to Chowder – 6.2 or 3.1 mile run/walk
4	Sequim	North Olympic Discovery Marathon – 6.2 or 3.1 mile run/walk
4-5	Chelan	Echo Valley – 31, 13.1 or 6.2 mile trail run and Kid's race
5	Sequim	North Olympic Discovery Marathon – 26.2 mile run/walk/relay or 13.1 mile run/walk
11	Tacoma	Sound to Narrows – 7.5 or 3.1 mile run/walk and kids sprint
12	Bainbridge Is.	The Great Ferry Race – 13.1 mile run/walk
12	Seattle	Furry 5k – 3.1 mile fun run/walk
12	North Bend	Light at the End of the Tunnel Marathon – 26.2 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