



**SOUND HEALTH**  
& WELLNESS TRUST

# 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.

### JUNE

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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

### JULY

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				

### AUGUST

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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	

Date	City	Event Name and Description
<b>JUNE</b>		
16	Chelan	<b>Echo Valley Trail Run</b> – 62, 31, 26.2, 13.1 or 6.2 mile run and 1 mile kid's run
16	Seattle	<b>Solstice Run</b> – 9.3, 6.2 or 3.1 mile run/walk and kid's run
16	Long Beach	<b>Beach to Chowder</b> – 6.2 or 3.1 mile run/walk
23	Anacortes	<b>Tesoro March Point Run</b> – 13.1, 6.2 or 3.1 mile run/walk
23	Manson	<b>Deputy Saul Gallegos Memorial Run</b> – 6.2, 3.1 or 2 mile run/walk
23	Bellingham	<b>Lake Padden Triathlon</b> – Sprint tri, Sprint tri relay, Super Sprint tri or Super Sprint tri relay
23	Spokane	<b>Dirty Dash Spokane</b> – 3.1 mile run/walk and kid's dash
30	Port Orchard	<b>Hot Foot 5k</b> – 3.1 or 1 mile run/walk
30	McCleary	<b>Dirty Dash McCleary</b> – 3.1 mile obstacle course and 1 mile kid's event

<b>JULY</b>		
4	Wenatchee	<b>River Run on the Fourth</b> – 6.2 or 3.1 mile run/walk
7	Bellingham	<b>Chuckanut Foot Race</b> – 7 mile trail race
8	Port Orchard	<b>Yukon Do It! "Summer Edition"</b> – 13.1 mile run
13-14	Blaine-Langley	<b>Northwest Passage Ragnar</b> – Varies 13.9-19.1 mile relay run
14	Spokane	<b>Strides For Strong Bones</b> – 6 or 3 mile run/walk
14	Puyallup	<b>Puyallup Bubble Run</b> – 3.1 mile run/walk
14	Kent	<b>Kent Cornucopia Days 5k</b> – 3.1 mile run/walk
14	Olympia	<b>Olympia Lakefair Races</b> – 26.2, 13.1, 4.97 or 1.8 mile run/walk
14	Tacoma	<b>Color in Motion 5k</b> – 3.1 mile run/walk
14-15	Seattle-Portland	<b>STP</b> – 200 mile bike ride
15	Spokane	<b>Valley Girl Triathlon</b> – Sprint triathlon
21	Seattle	<b>Refuse to Abuse</b> – 3.1 mile run/walk
21	Tacoma	<b>Swan Creek 5k</b> – 3.1 mile run/walk
21	Buckley-Orting	<b>Buckley to Orting Half Marathon</b> – 13.1 or 6.2 mile run/walk
21	Lk. Sammamish	<b>The Great Inflatable Race</b> – 3.1 mile obstacle course
21	Bellingham	<b>Tour de Whatcom</b> – 100, 62, 44 or 22 mile bike ride
22	Seattle	<b>Seafair Triathlon</b> – Olympic, sprint and kid's triathlon
28	Lake Stevens	<b>Aqua Run</b> – 6.2, 3.1 or 1 mile run/walk
28	Seattle	<b>Seafair Torchlight Run</b> – 4.97 or 3.1 mile run/walk
28	Spokane	<b>The Great Inflatable Race</b> – 3.1 mile obstacle course
28-29	North Bend	<b>Jack and Jill's Downhill Marathon</b> – 26.2 or 13.1 mile run/walk
29	Seattle	<b>Seattle Night Ride</b> – 15 mile bike ride

<b>AUGUST</b>		
4	Sequim	<b>Tour de Lavendar</b> – 62.5 or 35 mile bike ride
5	Anacortes	<b>Anacortes Art Dash</b> – 13.1, 6.2 or 3.1 mile run/walk
5	Tacoma	<b>Unleashed at Stadium Bowl</b> – Stair Climb
10-11	Steilacoom	<b>All In One 5k Fun Run</b> – 3.1 mile run/walk
11	Monroe	<b>Lake Tye Triathlon</b> – Sprint triathlon, Sprint relay, Olympic triathlon, Olympic relay and Youth triathlon
11	Coupeville	<b>Race the Reserve</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
11	Gig Harbor	<b>Galloping Gertie Half</b> – 13.1, 6.2 or 3.1 mile run/walk
12	Seattle	<b>Lake Union 10k</b> – 6.2 mile run/walk
17-18	Seattle	<b>RSVP</b> – 175 mile bike ride
18	Spokane	<b>8 Lakes Leg Aches</b> – 75, 45 or 30 mile bike ride
18	Tacoma	<b>Tacoma Narrows Half</b> – 13.1 mile run or relay
18	Everett	<b>Everett Bubble Run</b> – 3.1 mile run/walk
19	Monroe	<b>Evergreen Half</b> – 13.1 or 6.2 mile run/walk
19	Wenatchee	<b>Color Rush Wenatchee</b> – 3.1 mile run/walk
22	Tacoma	<b>Thirsty Summer Nights</b> – 3.1 mile run/walk
25	Sequim	<b>Valley of the Trolls</b> – 13.1, 6.2 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 *LiveWell 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	LiveWell branded water bottle	1 <sup>st</sup> LW Fit Event
2	LiveWell branded 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