



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.

DECEMBER

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30	31					

JANUARY

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FEBRUARY

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Date	City	Event Name and Description
DECEMBER		
1	Port Orchard	Jingle Bell Run Pt. Orchard – 3.1 mile run/walk and kids run
1	Spokane	Jingle Bell Run Spokane – 3.1 or 1 mile run/walk
1	Bellingham	Fairhaven Frosty – 6.2 or 3.1 mile run/walk
1	Whidbey Island	Jingle Trail Run & Walk – 3.1 mile run/walk
2	Renton	K9 Candy Cane – 3.1 mile run/walk
2	Redmond	Ugly Sweater Run – 3.1 or 1 mile run/walk
8	Bellingham	Jingle Bell Run Bellingham – 3.1 mile run/walk
8	Lakewood	Just TRI 7 (Dragon #7) – 7 or 5 mile fun run and kids run
8	Lakewood	Jingle Bell Rock – 3.1 or 1 mile run/walk
8	Tacoma	Santa Runs Tacoma – 13.1 mile run/relay, 6.2 and 3.1 mile run/walk
8	Kent	Christmas Rush Fun Run & Walk – 6.2 or 3.1 mile run/walk
9	Seattle	Jingle Bell Run Seattle – 7.5, 3.1 or 1 mile run/walk and kids run
15	Anacortes	Anacortes Jingle Bell Dash – 6.2 or 3.1 mile run/walk
15	Elma	Porter Creek Trail Runs – 15.5, 10 and 3.1 mile trail run
16	Kirkland	12ks of Christmas – 7.5 or 3.1 mile run/walk and kids dash
22	Seattle	Holiday Fun Run – 9.3, 6.2 or 3.1 mile run/walk and kids dash
24	Puyallup	Christmas Eve Dash – 3.1 mile run/walk
30	Port Orchard	Yukon Do It – 26.2 or 13.1 mile run
JANUARY		
1	Seattle	Resolution Run 5k & Polar Bear Dive – 3.1 mile run/walk and kids dash
1	Lakewood	Just TRI-New Year's Day – 3.1 or 1 mile run/walk
5	Bothell	Worst Day of the Year Run – 6.2 or 3.1 mile run/walk
5	Steilacoom	Ft. Steilacoom Resolution Run 5k/5 Mile – 5 or 3.1 mile run/walk
13	Everett	Coffee 5k Run/Walk – 3.1 mile run/walk
13	Bellingham	Annual Lake Samish Runs – 13.1 or 6.5 mile run
19	Redmond	Rain Run – 13.1 mile run
19	Puyallup	No Sun Fun Run – 3.1 or 1 mile run/walk
19	Seattle	MLK Weekend Run – 9.3, 6.2 or 3.1 mile run/walk and kids dash
26	Steilacoom	Ft. Steilacoom Resolution Run 10k/10 Mile – 10 or 6.2 mile run/walk
26	Tukwila	Tukwila to Alki – 13.1 mile run/walk
27	Woodinville	Run or Wine – 3.1 mile walk
FEBRUARY		
2	Olympia	Geoduck Gallop – 13.1 or 6.2 mile run
3	Seattle	Super Bowl Sunday 5k – 3.1 mile run/walk
9	Bellingham	Hearty Party 5k – 3.1 mile run/walk
9	Seattle	Love Em or Leave Em Valentine's Day Dash – 6.2 or 3.1 mile run/walk and kids dash
9	Tukwila	Green River Half Marathon – 13.1 mile run/walk
10	Seattle	My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk or relay
16	Sedro-Woolley	Woolley Trail Runs – 31.1, 26.2 or 13.1 mile run
16	Montesano	Rain Forest Run – 31 or 15.5 mile trail run
16	Seattle	President Day Weekend – 9.3, 6.2 or 3.1 mile run/walk and kids dash
17	Blaine	BirchBay International Marathon – 26.2 or 13.1 mile run/walk
23	Bellingham	Fragrance Lake Half/10k – 31, 13.1 or 6.2 mile run/walk and kids race
23	Steilacoom	Ft. Steilacoom Resolution Run 15k/15 Mile – 15 or 9.3 mile run/walk
24	Woodinville	Run or Wine – 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 *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.

^(*) 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	LiveWell branded water bottle	1 st LW Fit Event
2	LiveWell branded 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