



SOUND HEALTH
& WELLNESS TRUST

LiveWell Fit

Get out and move!

- The Trust will reimburse race registration fees to eligible participants, including covered family members, four events per calendar year.
- Participants and spouses can also earn HRA funding as a health related action.

Earn Mile Marker Rewards

Mile Markers are earned once for the first four events.

Mile Marker 1

Trust branded Sunshield Buff

Mile Marker 2

Fit Happens technical t-shirt

Mile Marker 3

Bonus LiveWell Fit event reimbursement

Mile Marker 4

Option of: Reimbursement of fitness tracking device/watch* or running/biking shoes up to \$170



Date	City	Event Name and Description
MAY		
14	Friday Harbor	San Juan Island Half – 13.1 mile run/walk 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 and multi-sport event
JUNE		
4	Maple Valley	Lake Wilderness Triathlon or 5k – 13.1, 6.2 or 3.1 mile run/walk and Sprint, Olympic 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	Spokane	Stache Dash – 6.2 or 3.1 mile run/walk
4-5	Chelan	Echo Valley – 31, 13.1 or 6.2 mile trail run/walk
5	Sequim	North Olympic Discovery Marathon 2 – 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
18	Puyallup	Summer Solstice 5k Trail Run – 3.1 mile trail run/walk
18	Snohomish	Evergreen Half and 5 Miler – 13.1 or 5 mile run/walk
18	Seattle	Solstice Run – 9.3, 6.2 or 3.1 mile run/walk and kids dash
19	Friday Harbor	Kings San Juan Island Marathon, Half Marathon & 10k – 26.2, 13.1 or 6.2 mile run/walk
25	Bellingham	Padden Triathlon – 26.7 or 12.8 mile triathlon
25	Port Orchard	Hot Foot 5k Trail Run – 3.1 or 1 mile trail run/walk
25	Camano Is.	Camano Island Crab Dash – 6.2 or 3.1 mile run/walk
JULY		
4	Tacoma	Independence Day 5k – 3.1 mile run/walk and kids run
4	Steilacoom	Four on the Fourth – 4 mile run/walk and kids run
4	Puyallup	Firecracker 5k & Sparkler Dash – 3.1 mile run/walk and kids dash
4	Edmonds	Beat Brackett 5k & Baby Brackett 1k – 3.1 mile run/walk and kids dash
4	Federal Way	Miles for Meso – 3.1 mile run/walk and kids dash
9	Kent	Kent Cornucopia Days – 3.1 mile run/walk
9	Snoqualmie	Snoqualmie Tunnel 5k Glow Run – 3.1 mile run/walk
9	Seattle	Refuse to Abuse – 3.1 mile run/walk
9	Bellingham	Lake Whatcom Triathlon – Olympic, Sprint or Aquabike Triathlon and Relay
10	Tonasket	Get Lost Trail Race – 14, 7 or 3 mile trail run/walk
15-16	Blaine-Langley	Northwest Passage Ragnar – Varies 14.1 - 22.1 mile relay
15-16	Ashford	Mt Rainer Half Marathon & 5k – 13.1 or 3.1 mile run/walk
16-17	Seattle-Portland	STP – 204 mile bike ride

MORE TO COME!

LiveWell Fit Reimbursement Details

To be eligible for event fee reimbursement and HRA funding, complete the following steps. (You must be covered by Sound Health & Wellness Trust on race day.)

1. Register for an approved event listed on the Trust's official calendar by going to SoundHealthWellness.com. **Keep your payment receipt.**
2. Request reimbursement at least one week prior to the event. Log in to your secure account at www.soundhealthwellness.com and submit a reimbursement request. From the Sound Support menu, select LiveWell Fit, then from the options page, select and complete the Request Reimbursement section OR: call the Trust at (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.

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 HRA Funding

Look for these icons throughout the year to see what counts toward HRA funding.

 Walk/run distance less than 5 miles or biking distance less than 30 miles

 Walk/run distance 5-10 miles or biking distance 30-50 miles

 Walk/run distance over 10 miles or biking distance over 50 miles

^(*) 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.