



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



Sound Health & Wellness Trust participants, Linda and Jim Kuich completing the Daffodil 8k event!

Date	City	Event Name and Description
SEPTEMBER		
17	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
17	Washougal	Spartan Sprint 5k – 3.1 mile obstacle course and kids race
17	Seattle	Orca Half Marathon – 13.1 mile run
17	Olympia	Club Oly Fall Frolic 2022 – 5 mile run/walk and kids race
18	North Bend	Tunnel Light Marathon – 26.2 mile run
18	Quilcene	Quilcene Oyster Races – 13.1, 6.2 or 3.1 mile run/walk
24	Anacortes	Anacortes Half Marathon & 5k – 13.1 or 3.1 mile run/walk
24	Port Angeles	The Big Hurt – Multi-sport event (bike/kayak/run)
24-25	Bellingham	Bellingham Bay Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
24-25	Black Diamond	Tough Mudder – 9.3, 6.2, or 3.1 mile run/walk and kids obstacle course
25	Kitsap	Kitsap Color Classic – 53, 35 or 25 mile bike ride
OCTOBER		
1	Leavenworth	Leavenworth Marathon – 26.2 or 13.1 mile run/walk
1	Anacortes	Fidalgo Trail Run – 26.2, 13.1 or 5 mile trail run/walk
2	Seattle	Base 2 Space – 832 Steps Stair Climb
8	Poulsbo	Poulsbo Half & 10k – 13.1 or 6.2 mile run/walk
8	Puyallup	Puyallup Valley Half Marathon & 10k – 13.1, 6.2 or 3.1 mile run/walk
9	Puyallup	Stein Dash 5k – 3.1 mile run/walk and kids run
9	Spokane	The Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk
9	Vancouver	Girlfriends Half Marathon – 13.1, 6.2 or 3.7 mile run/walk
9	Seattle	Dawg Dash – 6.2 or 3.1 mile run/walk and kids dash
15	Tacoma	Defiance 50k, 30k & 15k – 31, 18.6 or 9.3 mile run/walk
15	North Bend	Mount Teneriffe Vert Trail Run – 18.7 mile trail run
15	Port Townsend	Larry Scott Trail Run – 13.1, 6.2 or 3.1 mile trail run/walk
15-16	Snohomish	Snohomish River Run – 32.4, 29.3, 26.2, 19.3, 16.2, 13.1, 6.2 or 3.1 mile run/walk
16	Spokane	Wild Moose Chase – 15.5, 6.2 or 3.1 mile run/walk
29	Tacoma	Wicked Fast 5k Halloween Run – 3.1 mile run/walk
30	Redmond	Captain Jack's Treasure Run – 7.5, 5, or 3.1 mile run/walk
30	Seattle	Run Scared – 6.2, 3.1 or 2 mile run/walk and kids dash
30	Bellevue	Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile run
NOVEMBER		
5	Kirkland	Lake Washington Half Marathon – 13.1 mile run
5	Kent	In Unity We Run Marathon & Half – 26.2 or 13.1 mile run
6	Seattle	Where's Waldo 5k – 3.1 mile run/walk
12	Puyallup	Veterans 5k – 3.1 mile run/walk
12	Orting	Orting Turkey Trot – 13.1, 6.2, or 3.1 mile run/walk
12	Issaquah	Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile run
24	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walks and kids run
24	Puyallup	Gobble Gobble 5k/10k – 6.2 or 3.1 mile run/walk
24	Maple Valley	Maple Valley Turkey Trot – 3.1 mile run/walk and kids run
24	Woodinville	Turkey Trot Woodinville – 3.1 mile run/walk and kids dash
24	Issaquah	Issaquah Turkey Trot – 3.1 mile run/walk
24	Arlington	Arlington Turkey Trot – 3.1 mile run/walk
24	Gig Harbor	Gig Harbor Turkey Trot – 3.1 mile run/walk
24	Bainbridge	Bainbridge Island Turkey Trot – 3.1 or 1 mile run/walk
24	Silverdale	Silverdale Rotary Turkey Trot – 6.2 or 3.1 mile run/walk
24	Mukilteo	Turkey Trot Mukilteo – 6.2 or 3.1 mile run/walk
26	Seattle	Seattle Marathon – 26.2 or 13.1 mile run/walk
26	Seattle	Seattle Kids Marathon – 26.2 mile run/walk

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.