



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



Full Event Calendar available at: www.SoundHealthWellness.com
Sound Support tab > LiveWell Fit

Date	City	Event Name and Description
SEPTEMBER		
21	Maple Valley	Be the Hope XOXO Walk – 1.8 mile walk
21	Anacortes	Anacortes Half Marathon & 5k – 13.1 or 3.1 mile run/walk
21	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
21	Redmond	Get Your Rear in Gear – 3.1 mile run/walk
22	Richland	Ironman 70.3 WA – 13.1 mile run, 56 mile bike, 1.2 mile swim
22	Redmond	The Retro Run – 4.97, 3.1 or 2 mile run/walk and kids dash
22	Bellingham	Bellingham Bay Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
28	Mount Vernon	Skagit Bigfoot Fest – 3.1 mile run/walk
28	Woodinville	Run or Wine 5k Series – 13.1, 6.2 or 3.1 mile run/walk
28	Seattle	Walk to End Alzheimer's – 1.7 mile walk
28	Anacortes	Fidalgo Trail Run – 26.2, 13.1 or 5 mile trail run/walk
28	Puyallup	Puyallup Valley Half & 10k – 13.1 or 6.2 mile run/walk
28	Port Angeles	The Big Hurt – Multi-sport: mountain bike, kayak, road bike and 6.2 mile trail run
28	Seattle	Komen More Than Pink Walk – Varies, 2.5 mile walk
29	Seattle	Base 2 Space – 832 steps stair climb
29	Olympia	Fall Frolic – 5 mile run/walk and kids race

OCTOBER		
5	Leavenworth	Leavenworth Marathon – 26.2 or 13.1 mile run/walk
5	Poulsbo	Poulsbo Half & 10k – 13.1 or 6.2 mile run/walk
5	Burien	Burien Brat Trot – 3.1 mile run/walk
6	University PI	Pink Ribbon Army 5k, 1k – 3.1 mile run/walk and kids run
6	Shelton	Shuck N Share 5k Run – 3.1 mile run/walk
6	Seattle	Washington Ceasefire 5k – 3.1 mile run/walk
6	Kingston	Kitsap Color Classic – 54, 33 or 25 mile bike ride
12	Spokane	Bridge to Brunch 5k – 3.1 mile run/walk
12	North Bend	North Bend Trail Fest – 18.6 or 6.2 mile trail run/walk
12	Tacoma	Defiance 50k, 30k, & 15k – 31, 18.6 or 9.3 mile run/walk
12	Puyallup	Orca Recovery Day 5k Trail Run – 3.1 mile trail run/walk
12	Tacoma	Fall Classic – 3.1 mile run/walk
12	Port Angeles	Crab Fest 5k Fun Run – 3.1 mile run/walk
12	Puyallup	Zombie Run 5k – 3.1 mile run/walk
13	Vancouver	Girlfriends Run – 13.1, 6.2 or 3.7 mile run/walk
13	Seattle	Dawg Dash – 6.2 or 3.1 mile run/walk and kids run
13	Spokane	The Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk
13	Snohomish	Snohomish River Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk
13	Spokane	Wild Moose Chase – 15.5, 6.2 or 3.1 mile trail run/walk
19	Kirkland	Lake Washington Half Marathon – 13.1 mile run
19	Port Angeles	Spruce Railroad 5k/10k – 6.2 or 3.1 mile trail run/walk
20	Redmond	Where's Bigfoot 5k – 3.1 mile run/walk
20	Seattle	I Can and I Will Run! – 6.2 or 3.1 mile run/walk and kids run
20	Spokane	Sekani Trail Run – 6.2, 3.1 or 1 mile trail run/walk
26	Wenatchee	Monster Dash 5k and 1 mile – 3.1 or 1 mile run/walk
26	Tacoma	Wicked Fast Halloween 5k, 10k – 6.2 or 3.1 mile run/walk
27	Bellevue	Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile trail run/walk
27	Redmond	Captain Jack's Treasure Run – 7.5, 4.9 or 3.1 mile run/walk
27	Puyallup	Haunted Hustle – 6.2 or 3.1 mile run/walk
27	Seattle	Run Scared – 6.2, 3.1 or 2 mile run/walk and kids dash
27	Seattle	Trick or Treat 5k – 3.1 mile run/walk

NOVEMBER		
2	Kent	In Unity We Run Marathon and Half – 26.2 or 13.1 mile run
9	Issaquah	Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile run
16	Seattle	Tacky Turkey Sweater 5k – 3.1 mile run/walk
24	Seattle	Super Hero 5k – 3.1 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.