



## 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
<b>FEBRUARY</b>		
15	Whidbey Is.	<b>Ft Ebey Kettles Trail Run</b> – 26.2, 13.1, 6.2 or 3.1 mile trail run/walk
15	Seattle	<b>Galentine's 5k</b> – 3.1 mile run/walk
15	Seattle	<b>Better Together Run</b> – 9.3, 6.2 or 3.1 mile run/walk
15	Sedro-Woolley	<b>Woolley Trail Runs</b> – 31.1, 26.2 or 13.1 mile trail run/walk
15	Montesano	<b>Run Forest Run</b> – 31.1 or 15.5 mile trail run/walk
15	Tacoma	<b>Valentines Day 5k</b> – 3.1 mile run/walk
16	Olympia	<b>Geoduck Gallop</b> – 13.1 or 6.2 mile run/walk
21	University Pl.	<b>Glow Run 5k &amp; Dance</b> – 3.1 mile run/walk and glow dance
22	Snohomish	<b>Lord Hill Trail Run</b> – 31, 20, 10 or 3.1 mile trail run/walk
22	Olympia	<b>ROAD-odend-Run</b> – 6 mile relay run/walk and kids run
23	Woodinville	<b>Run or Wine 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk
23	Bainbridge Is.	<b>Chilly Hilly</b> – 33 mile bike ride
<b>MARCH</b>		
1	Lakewood	<b>Ft Steilacoom Resolution Runs: 30k, 15k or 5k</b> – 18.6, 9.3 or 3.1 mile run/walk
1	Pullman	<b>Snake River Canyon Half Marathon</b> – 13.1 mile run/walk
1	Seattle	<b>Coffee Lovers Run</b> – 13.1, 6.2 or 3.1 mile run/walk
2	Seattle	<b>Hot Chocolate Run</b> – 9.3, 6.2 or 3.1 mile run/walk
2	Bellingham	<b>Padden Mudfest</b> – 6.2 or 3.1 mile trail run/walk
8	Redmond	<b>Lake Sammamish Half Marathon</b> – 13.1 mile run/walk
8	Sequim	<b>Sun Fun Color Run</b> – 3.1 or 0.6 mile color run/walk
9	Issaquah	<b>RUFA Tiger Mountain</b> – 8.3+ mile trail run/walk
15	Woodinville	<b>Woodinville Leprechaun Leap</b> – 6.2 or 3.1 mile run/walk
15	Tacoma	<b>St Paddy's Day Run Tacoma</b> – 13.1, 6.2 or 3.1 mile run/walk
15	Bellingham	<b>Runnin' O' the Green</b> – 4.97 or 3.1 mile run/walk
15	Gig Harbor	<b>Shamrock'n the Harbor 5k &amp; 12k</b> – 7.5 or 3.1 mile run/walk
15	Seattle	<b>St Paddy's Day Lucky Run</b> – 13.1, 6.2 or 3.1 mile run/walk
15	Kirkland	<b>Kirkland Shamrock Run</b> – 3.1 mile run/walk and kids run
15	Kent	<b>Run the Green</b> – 13.1 or 6.2 mile run/walk
15	Port Angeles	<b>Frosty Moss Relay</b> – 80 or 30 mile relay or 31 mile solo trail run/walk
16	Spokane	<b>Shamrock Shuffle</b> – 13.1, 6.2 or 3.1 mile run/walk
16	Olympia	<b>Donut Dash 5k</b> – 3.1 mile run/walk and kids run
16	Seattle	<b>St Patrick's Day Dash</b> – 3.1 mile run/walk and kids run
22	Federal Way	<b>Dash Point Trail Run</b> – 13.1 or 6.2 mile trail run/walk
22	Fall City	<b>Fall City Classic</b> – 5 or 3.7 mile run/walk
22	Everson	<b>Honeywagon Runs</b> – 13.1 or 4 mile run/walk and kids run
22-23	Seattle	<b>Cherry Blossom Run</b> – 13.1, 6.2 or 3.1 mile run/walk
23	Vancouver	<b>Couve Clover Run</b> – 10, 7 or 3 mile run/walk and kids run
23	Seattle	<b>Big Climb Seattle</b> – 1 mile stair climb
23	Spokane	<b>Rapid Rabbit Run</b> – 5 or 3 mile run/walk
<b>APRIL</b>		
5	Blaine	<b>Birch Bay Road Race</b> – 18.6, 9.3 or 3.1 mile run/walk
5	Seattle	<b>The Tenacious Ten</b> – 10 or 6.2 mile run/walk and kids run
6	Seattle	<b>I Love the 90's 5k</b> – 3.1 mile run/walk and kids run
12	Port Angeles	<b>OAT Run</b> – 31, 13.1 or 7.5 mile trail run/walk
13	Spokane	<b>The Split</b> – 13.1, 6.2 or 3.1 mile run/walk and kids run
13	Everett	<b>Mill Town Marathon, Half Marathon &amp; 10k</b> – 26.2, 13.1 or 6.2 mile run/walk
13	Olympia	<b>Run Like A Fool 5k</b> – 3.1 mile run/walk and free kids run
19	Wenatchee	<b>Wenatchee Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
19	Kennewick	<b>Run the River</b> – 26.2, 13.1 or 3.1 mile run/walk and relay
19	Bremerton	<b>Bremerton Marathon</b> – 26.2 or 13.1 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](http://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](http://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.