



# 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>MARCH</b>		
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	Cle Elum	<b>Suncadia Shamrock Shuffle 5k</b> – 3.1 or 1 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	Ocean Shore	<b>Dugan’s Run</b> – 3.1 mile run/walk and kids run
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
6	Puyallup	<b>Daffodil 8k</b> – 4.97 mile run/walk
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
19	Seattle	<b>Earth Day Run</b> – 9.3, 6.2 or 3.1 mile run/walk and kids run
19	Seattle	<b>Always Hope Easter Run</b> – 13.1, 6.2 or 3.1 mile run/walk
19	Issaquah	<b>Squak Mountain Trail Run</b> – 31, 13.1 or 7.5 mile trail run/walk
20	Seattle	<b>Top Pot Doughnut Dash</b> – 3.1 mile run/walk and kids run
25-27	Orcas Island	<b>Orcas Island Trail Races</b> – 50, 26.2 or 13.1 mile run/walk
26	Winthrop	<b>Sunflower Trail Marathon</b> – 26.8 or 13.1 mile run/walk or 26.8 mile relay
26	Seattle	<b>PanCAN PurpleStride Puget Sound</b> – 3 mile run/walk
26	Wenatchee	<b>Wenatchee Valley Color Rush</b> – 3.1 mile run/walk
26	Sequim	<b>Railroad Bridge Park Run/Walk</b> – 6.2 or 3.1 mile trail run/walk
26	Burlington	<b>Tulip Run</b> – 6.2, 3.1 or 2 mile run/walk
26	Quincy	<b>Caveman Roar N’ Pour 5k</b> – 3.1 mile trail run/walk
26	Olympia	<b>Capital Peak 50 Miler &amp; 25k</b> – 50 or 15.5 mile trail run/walk
27	Oak Harbor	<b>Whidbey Island Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kids run
27	Spokane	<b>Spokane River Run</b> – 31, 15.5, 6.2 or 3.1 mile run/walk or 31 mile relay
27	Bellevue	<b>All In For Autism</b> – 3.1 mile run/walk
27	Seattle	<b>Walk MS Seattle</b> – 3 or 1 mile walk
<b>MAY</b>		
3	Wenatchee	<b>Apple Blossom Run</b> – 6.2 or 3.1 mile run/walk and kids run
3	Lakewood	<b>Hunger Walk</b> – 3.1 mile walk
3	Tacoma	<b>Ghost Of Tacoma City Marathon, Half Marathon, 10k &amp; 5k</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
4	Tacoma	<b>Tacoma City Marathon &amp; Half Marathon</b> – 26.2 or 13.1 mile run/walk and relay
4	Seattle	<b>May The Course Be With You 5k</b> – 3.1 mile run/walk
4	Snoqualmie	<b>Mt Si Relay &amp; Trail Runs</b> – 50, 31, 26.2 or 13.1 mile trail run/walk and 58 mile relay
4	Kirkland	<b>Mother’s Day Half Marathon &amp; 5k</b> – 13.1 or 3.1 mile run/walk and kids run
4	Spokane	<b>Bloomsday Run</b> – 7.46 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.