



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.



Scan here to request event reimbursement.

- 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
APRIL		
27	Oak Harbor	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kids run
27	Spokane	Spokane River Run – 31, 15.5, 6.2 or 3.1 mile run/walk or 31 mile relay
27	Bellevue	All In For Autism – 3.1 mile run/walk
27	Seattle	Walk MS Seattle – 3 or 1 mile walk
MAY		
3	Wenatchee	Apple Blossom Run – 6.2 or 3.1 mile run/walk and kids run
3	Lakewood	Hunger Walk – 3.1 mile walk
3-4	Tacoma	Tacoma City Marathon, Ghost of TCM, Half Marathon, 10k & 5k – 26.2, 13.1, 6.2 or 3.1 mile run/walk and relay
4	Seattle	May the Course be with You 5k – 3.1 mile run/walk
4	Snoqualmie	Mt Si Relay & Trail Runs – 50, 31, 26.2 or 13.1 mile trail run and 58 mile relay
4	Kirkland	Mother's Day Half Marathon & 5k – 13.1 or 3.1 mile run/walk and kids run
4	Spokane	Bloomsday Run – 7.46 mile run/walk
10	Everett	Snohomish Women's Run – 13.1, 6.2 or 3.1 mile run/walk
10	Friday Harbor	San Juan Island Half – 13.1 mile run/walk and kids run
10	Seattle	Beat the Bridge – 4.97, 3 or 1 mile run/walk/roll
10	Mukilteo	Inspiring Hope Run – 6.2 or 3.1 mile run/walk
10	Burlington	Skagit Spring Classic – 100, 65, 45 or 25 mile bike ride
10	Spokane	Mountain Magic Trail Race – 21.7, 15.5, 6.2 or 3.1 mile trail run/walk
10	Sequim	Sequim Irrigation Festival Runs – 3.1 or 1 mile run/walk
10	Bainbridge Is.	Trillium Trail Run – 6.2 or 3.1 mile trail run/walk
11	Maple Valley	Cedar River Triathlon – 3.7 mile run, 14 mile bike ride and .25 mile swim
17	Spokane	The Ta Ta Dash The Race to Erase Breast Cancer – 6.2 or 3.1 mile run/walk and kids run
17	Auburn	Dog Trot 3k/5k Fun Run – 3.1 or 1.9 mile run/walk
17	Seattle	Running from Gluten – 6.2 or 3.1 mile run/walk
17	Woodinville	Run or Wine 5k & 10k – 6.2 or 3.1 mile run/walk
17	Poulsbo	Viking Fest Road Race – 5 or 1 mile run/walk and kids run
17-18	Olympia	Capital City Marathon – 26.2, 13.1 or 5 mile run/walk
18	Ellensburg-Yakima	Your Canyon for a Day Ride – 35 mile bike ride
18	Spokane	Windermere Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
18	Port Townsend	Rhody Run – 6.2 or 3.1 mile run/walk and kids run
24	Leavenworth	Leavenworth Trail Fest – 34.2, 16.8 or 3.1 mile trail run/walk
24	Poulsbo	Viking Tour – 57, 29 or 17 mile bike ride
25	Bellingham	Ski to Sea – 78.5 mile multi-sport relay: ski, run, bike, boat
31	Spokane	Mermaid Run – 13.1, 6.2 or 3.1 mile run/walk and kids run
31	Redmond	Flying Wheels Summer Century – 100, 70 or 50 mile bike ride
31	Sammamish	Soaring Eagle Trail Run – 13.1, 6.2 or 3.1 mile trail run/walk
31	Seattle	Run to End Weekend Hunger 5k – 3.1 mile run/walk
31-1	Long Beach	Pacific Coast Running Festival – 26.2, 13.1, 6.2 or 3.1 mile run/walk and 12.6 mile bike ride
JUNE		
1	Snohomish	Evergreen Half and 5 Mile – 13.1 or 5 mile run/walk
1	Seattle	Run and Walk with Pride – 4.97 or 2.49 mile run/walk
1	Bellingham	SwimRun – 9 mile run/swim or 5.5 mile sprint
7	Maple Valley	Lake Wilderness Run and Triathlon – 13.1, 6.2 or 3.1 mile run/walk and triathlon

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.