



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
MAY		
31	Sammamish	Soaring Eagle Trail Run – 13.1, 6.2 or 3.1 mile run/walk
31	Seattle	Run to End Weekend Hunger 5k – 3.1 mile run/walk
31	Seattle	Meet Me at Waterfront Park 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
1	Spokane	Run the 509 – 13.1, 6.2 or 3.1 mile run/walk
7	Maple Valley	Lake Wilderness Run and Triathlon – 13.1, 6.2 or 3.1 mile run/walk and triathlon
7	Fairfax - Ruston	Rainier to Ruston Relay – 52 mile relay run/walk
7-8	Chelan	Echo Valley – 31, 13.1 or 6.2 mile trail run/walk and kids run
7-8	Port Angeles	North Olympic Discovery Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and relay
8	Fall City	Fall City Day Run – 6.2 or 3.1 mile run/walk and kids run
8	North Bend	Light at the End of the Tunnel Marathon – 26.2 mile run/walk
8	Seattle	RBC Race for the Kids – 6.2 or 3.1 mile run/walk
8	Seattle	Furry 5k – 3.1 mile run/walk
8	Seattle	Let Me Run SpringFest 5k – 3.1 mile run/walk
8	Bainbridge Is.	The Great Ferry Race – 13.1 mile run/walk
8	Redmond	Big Backyard 5k/10k – 6.2 or 3.1 mile run/walk
14	Lynden	Tractor Trot – 6.2 or 3.1 mile run/walk
14	Seattle	Treat Yourself 5k – 3.1 mile run/walk
14	Tacoma	Sound to Narrows – 7.5, 3.1 or 1.2 mile run/walk
14	Quilcene	Bon Jon Pass Out – 25 - 80 mile gravel endurance bike ride
14	Seattle	Solstice Run – 13.1, 9.3, 6.2 or 3.1 mile run/walk
14	Everett	Rhinos 5k fun Run – 3.1 mile run/walk
14	Long Beach	Beach to Chowder 5k & 10k – 6.2 or 3.1 mile beach run/walk
21	Carnation	Snoqualmie Valley Half – 13.1 or 6.2 mile trail run/walk
21	Issaquah	Tiger Mountain Trail Run – 31, 13.1, 7.5 or 3.1 mile run/walk
21	Snoqualmie	The Super Marathon & Half – 26.2 or 13.1 mile run/walk
21	Seattle	Seattle Marathon Summer Events: 5k/10k/Half Marathon – 13.1, 6.2 or 3.1 mile run/walk and kids run
21	Port Orchard	HotFoot 5k Trail Run – 3.1 or 1 mile run/walk
21	Longview	Tour de Blast – 82, 66, 54 or 39 mile bike ride
21	Bellingham	Padden Triathlon – 26.7 or 12.8 mile triathlon
21	Burlington	Berry Dairy Days 5k and 10k Race – 6.2 or 3.1 mile run/walk
27	Woodinville	Celebrate Woodinville Summer Glow Run 5k – 3.1 mile run/walk
28	Enumclaw	Raise the Bar's Black Diamond Triathlon – Olympic or Sprint triathlon, Aquabike and Sprint relay
28	Maple Valley	Maple Valley Bear Run & Walk 5k – 3.1 mile run/walk
28	Issaquah	Tiger Peak Challenge – 31, 13.1 or 5 mile trail run/walk
28	Orting	The Foothills Dash – 13.1, 6.2 or 3.1 mile trail run/walk
29	Stanwood	Smokestack Out'N Back 5k – 3.1 mile run/walk
29	Seattle	Defeat Myeloma – 3.1 or 1 mile run/walk
JULY		
4	Edmonds	Edmonds 4th of July 5k – 3.1 mile run/walk and kids run
4	Woodinville	Four on the Fourth Woodinville – 4 mile run/walk
4	Tacoma	Independence Day 5k – 3.1 mile run/walk and kids run
4	Steilacoom	Four on the Fourth – 4 mile run/walk and kids run

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.