



# 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
<b>JULY</b>		
26	Redmond	<b>Head for the Cure</b> – 3.1 mile run/walk and kids run
26	Hoquiam	<b>Why-Not-Chee</b> – 25 - 80 mile gravel endurance bike ride
26	Tacoma	<b>Owl Together Now</b> – 3.1 or 1 mile evening walk and scavenger hunt
26	University Pl.	<b>Twisted Cider 5k</b> – 3.1 mile run/walk and kids run
26	McCleary	<b>Ride the Harbor</b> – 52, 18 or 7.5 mile bike ride
26	Seattle	<b>Kaiser Seafair Torchlight Run</b> – 3.1 mile run/walk
26-27	North Bend	<b>Jack and Jill's Downhill Marathon</b> – 26.2 or 13.1 mile trail run/walk

<b>AUGUST</b>		
2	Monroe	<b>Lake Tye Triathlon</b> – Duathlon, Aquabike, Sprint or Olympic and Youth triathlons
2	Sequim	<b>Tour de Lavender</b> – 64 or 34 mile bike ride
2	Gig Harbor	<b>Galloping Gertie</b> – 13.1, 6.2 or 3.1 mile run/walk
2-3	Cougar	<b>Volcanic 50k</b> – 31 or 15.5 mile endurance trail run/walk
3	Puyallup	<b>Bubble Run (Standard Registration)</b> – 3.1 mile run/walk
3	Port Angeles	<b>Ride the Hurricane</b> – 39.9 mile bike ride
5	Seattle	<b>NW Trail Runs Interlaken Ice Cream Dash</b> – 6.2 or 3.1 mile trail run/walk
8	Auburn	<b>Almost 5k Poker Fun Run &amp; Walk</b> – 3.1 mile run/walk
9	Bellingham	<b>Larabee Lakes</b> – 31, 15.5 or 7.4 mile run/walk
9	Seattle	<b>Fred Hutch Obliteride</b> – 100, 50 or 25 mile bike ride or 3.1 mile run/walk
9	Coupeville	<b>Race the Reserve Whidbey Island</b> – 13.1, 6.2 or 3.1 mile run/walk
9	Ocean Shores	<b>Run S'More 5k</b> – 3.1 mile beach run/walk
10	Seattle	<b>Sundae Runday</b> – 6.2, 3.1 or 2 mile run/walk and kids run
10	Seattle	<b>Lake Union 10k</b> – 6.2 mile run/walk
10	North Bend	<b>Tunnel Vision Marathon &amp; Half Marathon</b> – 26.2 or 13.1 mile run/walk
10	Vancouver	<b>Girlfriends Triathlon &amp; Fitness Festival</b> – Multi-sport triathlon, duathlon or 3.1 mile run/walk
16	Kent	<b>Lake Meridian Triathlon</b> – Olympic, Sprint or Super Sprint triathlon and relays
16	Seattle	<b>Emerald City 5k</b> – 3.1 mile run/walk
16	University Pl.	<b>Twilight at the Bay</b> – 13.1, 6.2 or 3.1 mile run/walk
16	Coupeville	<b>Tour de Whidbey</b> – 162, 100, 66, 50, 33 or 10 mile bike ride
23	Spokane	<b>Run the Night Glow Run</b> – 3.1 or 1.5 mile run/walk
23	Spokane	<b>Evergreen Club 5k</b> – 3.1 mile run/walk
23	Mukilteo	<b>Run-a-Muk 5k/10k</b> – 6.2 or 3.1 mile run/walk
23	Tacoma	<b>Tacoma Narrows Half Marathon &amp; 5k</b> – 13.1 or 3.1 mile run/walk
23	Tacoma	<b>Parkland Pace or Race</b> – 3.1 mile run/walk
24	North Bend	<b>Iron Horse Half Marathon</b> – 13.1 mile trail run/walk
30	Oak Harbor	<b>Rock and Roll Stroll</b> – 3.1 mile run/walk
30	Bonney Lake	<b>Bonney Lake Triathlon</b> – Olympic, Sprint or Super Sprint triathlon
30	Seattle	<b>Labor Day Run</b> – 13.1, 6.2 or 3.1 mile run/walk
30	Seattle	<b>Summer Spirit Run</b> – Duathlon, 9.3, 6.2 or 3.1 mile run/walk
31	Bainbridge Is.	<b>Bike for Pie</b> – 30 or 9 mile bike ride

<b>SEPTEMBER</b>		
1	Redmond	<b>Redmond Harvest Half Marathon</b> – 13.1 mile run/walk
6	Auburn	<b>Pacific Runderland</b> – 3.1 mile run/walk and kids run
6	Carnation	<b>Beat the Blerch</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
6	Manson	<b>Chelanathon</b> – Olympic, Sprint or Sprint Relay and Splash-and-Dash

**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<sup>(\*)</sup> (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

<sup>(\*)</sup> 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.