



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
OCTOBER		
18	Redmond	Where's Bigfoot 5k – 3.1 mile run/walk
19	Spokane	Wild Moose Chase – 15.5, 6.2 or 3.1 mile trail run/walk
19	Seattle	I Can and I Will Run! – 6.2 or 3.1 mile run/walk and kids run
25	Issaquah	Monster Mash 5k – 3.1 mile run/walk
25	West Seattle	West Seattle Monster Dash 5k – 3.1 mile run/walk
25	Bellevue	Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile trail run/walk
25	Seattle	Trick or Treat 5k – 3.1 mile run/walk
25	Tacoma	Wicked Fast 5k & 10k – 6.2 or 3.1 mile run/walk and kids run
26	Spokane	Haunted 5k, 10k & Half Marathon at Liberty Park – 13.1, 6.2 or 3.1 mile run/walk
26	Seattle	Run Scared – 6.2, 3.1 or 2 mile run/walk and kids run
26	Puyallup	Haunted Hustle – 6.2 or 3.1 mile run/walk
26	Redmond	Captain Jack's Treasure Run – 7.5, 4.97 or 3.1 mile run/walk
NOVEMBER		
1	Port Gamble	Day of the Dead Scavenger Trail Run – 7 mile scavenger trail run/walk (ghost tour not included)
4	Kent	In Unity We Run – 26.2 or 13.1 mile run/walk
8	Issaquah	Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile run/walk
9	University Pl.	Run the Bay – 13.1, 6.2 or 3.1 mile run/walk
15	Mount Vernon	Fowl Fun Run 5k & 10k – 6.2 or 3.1 mile run/walk
15	Seattle	Super Hero 5k – 3.1 mile run/walk
15	Orting	Orting Turkey Trot – 13.1, 6.2 or 3.1 mile run/walk
22	Spokane	Pie Cobbler 5k, 10k & Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
22	Seattle	Tacky Turkey Sweater 5k – 3.1 mile run/walk
27	Woodinville	Woodinville Turkey Trot 5k – 3.1 mile run/walk
27	Spokane	Cheney Turkey Trot – 2 or 3 mile run/walk
27	Maple Valley	Maple Valley Turkey Trot – 3.1 mile run/walk
27	Spokane	Huffin' for the Stuffin' – 6.2 or 3.1 mile run/walk
27	Mukilteo	Mukilteo Turkey Trot – 6.2 or 3.1 mile run/walk
27	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kids run
27	Seattle	Turkey Day Trot – 9.3, 6.2 or 3.1 mile run/walk and kids run
27	Seattle	Montlake Turkey Trot – 3.1 or 1 mile run/walk and kids run
27	Gig Harbor	Gig Harbor 5k Turkey Trot – 3.1 mile run/walk
27	Tacoma	Norpoint Classic 2 mile and 5k – 3.1 or 2 mile run/walk
27	Olympia	Oly Turkey Day 4 Miler – 4 mile run/walk
27	Auburn	Auburn Turkey Trot – 3.1 mile run/walk
27	Puyallup	Gobble Gobble 5k & 10k – 6.2 or 3.1 mile run/walk
27	Silverdale	Silverdale Rotary Turkey Trot – 6.2, 3.1 or 1 mile run/walk and kids dash
29	Seattle	Seattle Kids Marathon – 1.2 mile run/walk
30	Seattle	UW Medicine Seattle Marathon and Half Marathon – 26.2 or 13.1 mile run/walk
DECEMBER		
6	Woodinville	Run or Wine 5k – 3.1 mile run/walk
6	Sequim	Jamestown Glow Run/Walk – 6.2 or 3.1 mile night run/walk
6	Woodinville	Celebrate Woodinville Winterfest 5k – 3.1 mile run/walk
6	Seattle	The Electric Cookie Run – 5.6 or 2.8 mile run/walk
6	Anacortes	Anacortes Santa Run – 3.1 mile run/walk
6	Port Orchard	Santa Sleighs 5k – 3.1 mile run/walk and kids run
7	Puyallup	Holiday Grinch 5k – 3.1 mile run/walk
13	Bellingham	Jingle Bell Run Bellingham – 3.1 or 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. **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.