



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
DECEMBER		
13	Bellingham	Jingle Bell Run Bellingham – 3.1 or 1 mile run/walk
13	Tacoma	Santa Runs Tacoma – 13.1, 6.2 or 3.1 mile run/walk
13	Orting	Ugly Sweater 5k – 3.1 mile run/walk
13	Maple Valley	Pigtails Run – 31, 26.2 or 13.1 mile run/walk
13	Kent	Christmas Rush Fun Run/Walk – 6.2 or 3.1 mile run/walk
14	Kirkland	12ks of Christmas – 7.5 or 3.1 mile run/walk
14	Seattle	Jingle Bell Run Seattle – 7.4, 3.1 or 1 mile run/walk and kids run
20	Seattle	Sleigh that 5k – 3.1 mile run/walk
20	Everett	Holiday 5k, 10k & Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
20	Seattle	Holiday Fun Run – 9.3, 6.2 or 3.1 mile run/walk and kids run
20	Seattle	Seward Solstice Run – 6.2 or 4.2 mile trail run/walk
27	Spokane	Holiday 5k, 10k & Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
JANUARY		
1	Seattle	Resolution Run 5k & Polar Bear Dive – 3.1 mile run/walk and kids dash
1	Auburn	New Year's Day 5k & 8k – 4.97 or 3.1 mile run/walk
3	Seattle	New Year, New Me Run – 13.1, 6.2 or 3.1 mile run/walk
3	Kenmore	Absolution Run – 8 or 4 mile trail run/walk
10	Olympia	New Year 5k, 10k & Half Marathon at Heritage Park – 13.1, 6.2 or 3.1 mile run/walk
10	Lakewood	Ft Steilacoom Resolution Runs: 5k & 10k – 6.2 or 3.1 mile run/walk
11	Seattle	Unicorns & Rainbows Fun Run – 3.1 mile run/walk
17	West Seattle	MLK Jr Freedom Run – 13.1, 6.2 or 3.1 mile run/walk and 1 mile fun run
17	Sammamish	Frost Eagle Trail Run – 13.1 or 5 mile trail run/walk
18	Sumner	Coffee Lovers and Chocolate Lovers 5k & 10k – 6.2 or 3.1 mile run/walk and kids run
24	Spokane	Medal madness 5k, 10k & Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
24	Seattle	Run Forest Run 5k – 3.1 mile run/walk and kids dash
25	Monroe	Jayme Biendl Memorial 5k – 3.1 mile run/walk
31	Tukwila	Tukwila to Alki Half Marathon – 13.1 mile run/walk
31	Seattle	Interlaken Icicle Dash – 6.2 or 3.1 mile trail run/walk
31	Puyallup	No Sun Fun Run – 3.1 mile run/walk
FEBRUARY		
7	Bellingham	Whatcom Falls 5k – 3.1 mile run/walk
7	Lakewood	Ft Steilacoom Resolution Runs: 5k, 10k, 15k – 9.3, 6.2 or 3.1 mile run/walk
7	Port Angeles	Elwha Bridge Run/Walk – 6.2 or 3.1 mile run/walk
7	Spokane	Partners in Pain – 3.1 mile run/walk
7	Seattle	Better Together Run – 9.2, 6.2 or 3.1 mile run/walk and kids run
8	Seattle	Hi5k Super Seattle 5k – 3.1 mile run/walk
8	Seattle	My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
14	Whidbey Is.	Ft Ebey Kettles Trail Run – 26.2, 13.1, 6.2 or 3.1 mile trail run/walk
14	Seattle	Galentine's 5k – 3.1 mile run/walk
14	Montesano	Run Forest Run – 31.1 or 15.5 mile trail run/walk
14	Bellevue	Alexander's Hope Valentine's Day Dash – 3.1 mile run/walk
21	Snohomish	Lord Hill Trail Run – 31, 20, 10 or 3.1 mile trail run/walk
28	Spokane	Viking 5k, 10k and Half Marathon – 13.1, 6.2 or 3.1 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.