



# 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

LiveWell 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>AUGUST</b>        |                 |                                                                                                |
| 29                   | Bellingham      | <b>Chuckanut Classic</b> – 100, 62, 43, 25 or 10 mile bike ride                                |
| 30                   | North Bend      | <b>Iron Horse Half Marathon</b> – 13.1 mile trail run/walk                                     |
| 30                   | Bonney Lake     | <b>Bonney Lake Triathlon</b> – Olympic, Sprint or Super Sprint triathlon                       |
| 30                   | Bainbridge Is.  | <b>Bike for Pie</b> – 30 or 9 mile bike ride                                                   |
| <b>SEPTEMBER</b>     |                 |                                                                                                |
| 5                    | Oak Harbor      | <b>Rock and Roll Stroll</b> – 3.1 mile run/walk                                                |
| 7                    | Redmond         | <b>Redmond Harvest Half Marathon</b> – 13.1 mile run/walk                                      |
| 12                   | Spokane         | <b>March for the Fallen</b> – 9.3, 6.2 or 3.1 mile run/walk                                    |
| 12                   | Port Angeles    | <b>GOAT Run</b> – 31, 26.2, or 13.1 mile trail run/walk                                        |
| 12                   | Carnation       | <b>Beat the Blerch</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk                                  |
| 12                   | West Seattle    | <b>Run for Chocolates 5k/10k/13.1</b> – 13.1, 6.2 or 3.1 mile run/walk and family run          |
| 12                   | Kenmore         | <b>Flyaway 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk                                         |
| 12                   | Vashon Island   | <b>Passport 2 Pain</b> – 80, 58, 33 or 12 mile bike ride                                       |
| 13                   | Spokane         | <b>BRRC Sundae Sunday 10-Miler</b> – 10 mile run/walk                                          |
| 13                   | Renton          | <b>Rave the Green</b> – 3.1 mile run/walk and kids run                                         |
| 13                   | North Bend      | <b>Tunnel Light Marathon</b> – 26.2 mile run/walk                                              |
| 13                   | Gig Harbor      | <b>Race for a Soldier</b> – 7.5 or 3.1 mile run/walk                                           |
| 19                   | Anacortes       | <b>Anacortes Half Marathon &amp; 5k</b> – 13.1 or 3.1 mile run/walk                            |
| 19                   | Grand Coulee    | <b>Run the Dam</b> – 13.1, 6.2 or 3.1 mile run/walk                                            |
| 19                   | Redmond         | <b>Get Your Rear in Gear</b> – 3.1 mile run/walk                                               |
| 19                   | Black Diamond   | <b>Mud Mountain Dam Half Marathon &amp; 5k</b> – 13.1 or 3.1 mile run/walk                     |
| 19                   | Seattle         | <b>Dragonslayer Fantasy Dash and Strut</b> – 3.1 mile run/walk                                 |
| 19                   | Maple Valley    | <b>Be the Hope XOXO Walk</b> – 1.8 mile walk                                                   |
| 19-20                | Seattle         | <b>Orca Half Marathon &amp; 8-Miler</b> – 13.1 or 7.9 mile run/walk                            |
| 19-20                | Snohomish       | <b>Spartan Race Beast, Super or Sprint</b> – 13, 6.2 or 3.1 mile obstacle course and kids race |
| 20                   | Richland        | <b>Ironman 70.3 Washington</b> – 13.1 mile run, 56 mile bike and 1.2 mile swim                 |
| 20                   | Bellingham      | <b>Bellingham Bay Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk                          |
| 20                   | Quilcene        | <b>Quilcene Oyster Races</b> – 13.1, 6.2 or 3.1 mile run/walk                                  |
| 20                   | Seattle         | <b>Run of Hope</b> – 3.1 or 1.8 mile run/walk and kids run                                     |
| 26                   | Auburn          | <b>Pacific Runderland</b> – 3.1 mile run/walk and kids run                                     |
| 26                   | Seattle         | <b>Oktoberfest Run 5k/10k/13.1</b> – 13.1, 6.2 or 3.1 mile run/walk                            |
| 26                   | Seattle         | <b>Komen More Than Pink Walk</b> – 2.5 mile walk and varied distances                          |
| 26                   | Anacortes       | <b>Fidalgo Trail Run</b> – 26.2, 13.1 or 5 mile trail run/walk                                 |
| 26                   | Port Angeles    | <b>The Big Hurt</b> – Multi-sport: mountain bike, road bike and 6.2 mile trail run/walk        |
| 26                   | Tacoma          | <b>Beat Beethoven 5k</b> – 3.1 mile run/walk                                                   |
| 26-27                | Long Beach      | <b>Pacific Coast Running Festival</b> – 13.1, 6.2 or 3.1 mile run/walk                         |
| 27                   | Woodinville     | <b>Run or Wine 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk                                     |
| 27                   | Puyallup        | <b>Puyallup Valley Half Marathon &amp; 10k</b> – 13.1 or 6.2 mile run/walk                     |
| 27                   | Seattle         | <b>Base 2 Space</b> – 832 step stair climb                                                     |
| <b>OCTOBER</b>       |                 |                                                                                                |
| 3                    | Leavenworth     | <b>Leavenworth Marathon</b> – 26.2 or 13.1 mile run/walk                                       |
| 3                    | Port Angeles    | <b>Spruce Railroad Run/Walk</b> – 6.2 or 3.1 mile trail run/walk                               |
| 3                    | Mountlake Terr. | <b>Monster Mash Dash 5k</b> – 3.1 mile run/walk                                                |
| 3                    | Seattle         | <b>Seattle Kracken 5k</b> – 3.1 mile run/walk and kids run                                     |
| 3                    | Seattle         | <b>Walk to End Alzheimer's</b> – 1.7 mile walk                                                 |
| <b>MORE TO COME!</b> |                 |                                                                                                |

### 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](https://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](https://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

Employees and their eligible covered spouses may earn HRA funding following the completion of an approved LiveWell Fit event in accordance with the program rules for 2026.

(\*) 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.