SOUND HEALTH & WELLNESS TRUST

LiveWell Fit

Get out and move!

Get reimbursed for four race registrations per calendar year (eligible members & covered dependents).

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
NOVEMBER		
14	Mount Vernon	**Fowl Fun Run 5k & 10k** – 6.2 or 3.1 mile run/walk
22	Seattle	**Tacky Turkey Sweater 5k** – 3.1 mile run/walk
26	Tacoma	**Tacoma City Turkey Trot** – 3.1 mile run/walk and kids run
26	Gig Harbor	**Gig Harbor 5k Turkey Trot** – 3.1 mile run/walk
26	NE Tacoma	**Norpoint Classic 2 Mile & 5k** – 3.1 or 2 mile run/walk
26	Olympia	**Oly Turkey Day 4 Miler** – 4 mile run/walk
26	Seattle	**Thanksgiving Day Apple Cup 5k** – 3.1 mile run/walk
26	Puyallup	**Gobble Gobble 5k & 10k** – 6.2 or 3.1 mile run/walk
26	Silverdale	**Silverdale Rotary Turkey Trot** – 6.2, 3.1 or 1 mile run/walk
26	Bainbridge Is.	**Helpline House Turkey Trot** – 3.1 or 1 mile run/walk and kids run
26	Issaquah	**Issaquah Turkey Trot** – 3.1 mile run/walk
26	Spokane	**Huffin' for the Stuffin'** – 6.2 or 3.1 mile run/walk
26	Mukilteo	**Mukilteo Turkey Trot** – 6.2 or 3.1 mile run/walk and kids run
26	Seattle	**Magnuson Turkey Trot** – 9.3, 6.2 or 3.1 mile run/walk and kids run
26	Maple Valley	**Maple Valley Turkey Trot** – 3.1 mile run/walk
26	Woodinville	**Woodinville Turkey Trot 5k** – 3.1 mile run/walk
28	Seattle	**Seattle Kids Marathon** – 1.2 mile run/walk
28	Spokane	**Cobbler 5k, 10k & Half Marathon** – 3.1, 6.2 or 3.1 mile run/walk
29	Seattle	**UW Medicine Seattle Marathon & Half Marathon** – 26.2 or 13.1 mile run/walk
DECEMBER		
5	Seattle	**The Electric Cookie Run** – 5.6 or 2.8 mile run/walk
5	Sequim	**Jamestown Glow Run/walk** – 6.2 or 3.1 mile night run/walk
5	Port Orchard	**Santa Sleighs 5k** – 3.1 mile run/walk and kids run
6	Woodinville	**Run or Wine 5k & 10k** – 6.2 or 3.1 mile run/walk
6	Renton	**K9 Candy Cane 5k Fun Run** – 3.1 mile run/walk
6	Puyallup	**Holiday Grinch 5k** – 3.1 mile run/walk
12	Orting	**Ugly Sweater 5k Fun Run** – 3.1 mile run/walk
12	Anacortes	**Anacortes Santa Run** – 3.1 mile run/walk
12	Bellingham	**Jingle Bell Run Bellingham** – 3.1 or 1 mile run/walk
12	Tacoma	**Santa Runs Tacoma** – 13.1, 6.2 or 3.1 mile run/walk
12	Kent	**Christmas Rush Fun Run/Walk** – 6.2 or 3.1 mile run/walk
12	Maple Valley	**Pigtails Run** – 31, 26.2 or 13.1 mile run/walk
13	Kirkland	**12Ks of Christmas** – 7.5 or 3.1 mile run/walk
13	Seattle	**Jingle Bell Run Seattle** – 7.4, 3.1 or 1 mile run/walk and kids run
19	Seattle	**Seward Solstice Run** – 6.2 or 4.2 mile run/walk
20	Seattle	**Sleigh That 5k** – 3.1 mile run/walk
24	Tacoma	**Jingle Bell Run** – 3 mile run/walk
24	Puyallup	**Christmas Eve Ugly Sweater & Elf Dash** – 3.1 mile run/walk
26	Spokane	**Holiday 5k, 10k & Half Marathon** – 13.1, 6.2 or 3.1 mile run/walk
JANUARY		
1	Auburn	**New Year's Day 5k & 8k** – 4.97 or 3.1 mile run/walk
1	Seattle	**Resolution Run 5k & Polar Bear Dive** – 3.1 mile run/walk
3	Kenmore	**Absolution Run** – 8 or 4 mile trail run/walk
7	Bellingham	**Lake Samish Runs** – 13.1 or 6.5 mile run/walk
10	Seattle	**Unicorns & Rainbows Fun Run** – 3.1 mile run/walk
16	Seattle	**MLK Jr Freedom Run** – 13.1, 6.2, or 3.1 mile run/walk and 1 mile fun run
16	Sammamish	**Frost Eagle Trail Run** – 13.1 or 5 mile trail run/walk
16	West Seattle	**Sunrise Marathon 5k, 10k & Half** – 13.1, 6.2 or 3.1 mile run/walk and 1 mile family fun run
24	Monroe	**Jayme Biendl Memorial 5k** – 3.1 mile run/walk
30	West Seattle	**Run for Donut** – 13.1, 6.2 or 3.1 mile run/walk
30	Seattle	**Interlaken Icicle Dash** – 6.2 or 3.1 mile trail 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 compete 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.