



**SOUND HEALTH  
& WELLNESS TRUST**

## 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.
- 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



Sound Health & Wellness Trust Participants, Cynde and Rachel Marx completing the Race the Reserve event!

Date	City	Event Name and Description
<b>JULY</b>		
16	Olympia	<b>Olympia Lakefair Races</b> – 13.1, 5 or 1.9 mile run/walk
16	Bellingham	<b>Chuckanut Foot Race</b> – 7 miles trail run
16-17	Seattle-Portland	<b>Seattle to Portland (STP)</b> – 200 mile bike ride
17	Seattle	<b>Sundae Runday</b> – 3.1 or 2 mile run/walk and kids dash
23	Bellingham	<b>Tour de Whatcom</b> – 100, 62, 44 or 22 mile bike ride
23	Buckley-Orting	<b>Buckley to Orting Half</b> – 13.1 or 6.2 mile trail run/walk
23	West Seattle	<b>Float Dodger 5k</b> – 3.1 mile run/walk and kids dash
23	McCLeary	<b>Muddy Dash</b> – 3 mile obstacle course
24	Seattle	<b>Seafair Triathlon</b> – Sprint, Super Sprint, Relay and kids tri
29	Seattle	<b>Seattle Night Ride</b> – 13 mile bike ride
30	Carnation	<b>Snoqualmie Valley Half</b> – 13.1 or 6.2 mile trail run/walk
30	Issaquah	<b>Tiger Peak Challenge</b> – 31, 15 or 5 mile trail run/walk
30	Seattle	<b>Seafair Torchlight Run</b> – 5 or 3.1 mile run/walk
30	Enumclaw	<b>Black Diamond Triathlon</b> – Multi-sport triathlon
30	Anacortes	<b>Pirate Fun Run</b> – 6.2 or 3.1 mile run/walk and 1 mile kids run
30-31	North Bend	<b>Jack &amp; Jill's Downhill Marathon</b> – 26.2 or 13.1 mile trail run
31	Puyallup	<b>Bubble Run</b> – 3.1 mile run/walk
<b>AUGUST</b>		
6	Sequim	<b>Tour de Lavender</b> – 63 or 35 mile bike ride
6	Gig Harbor	<b>Galloping Gertie Half Marathon, 10k and 5k</b> – 13.1, 6.2 or 3.1 mile run/walk
6	Monroe	<b>Lake Tye Triathlon</b> – Sprint, Olympic and Youth triathlon
6	Everett	<b>Enforcer 5k</b> – 3.1 mile run or 31 mile bike ride
6	Cle Elum	<b>Suncadia Half &amp; 5k</b> – 13.1 or 3.1 mile run/walk and kids race
6	Redmond	<b>Ready. Set. Dough. 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk
7	Port Angeles	<b>Ride the Hurricane</b> – 39.9 mile bike ride
13	Tacoma	<b>Narrows Half Marathon &amp; 5k</b> – 13.1 or 3.1 mile run/walk
13	Coupeville	<b>Race the Reserve Whidbey Island</b> – 13.1, 6.2 or 3.1 mile run/walk
13	Ocean Shores	<b>Run S'More 5k</b> – 3.1 mile beach run/walk
13	Snohomish	<b>Spartan Beast</b> – 13.1 mile obstacle course and kids race
13	Issaquah	<b>Cougar Mtn Trail Run</b> – 26.2, 14.5 or 3.1 mile run/walk
12-14	Vancouver	<b>Girlfriends Triathlon &amp; Fitness Festival</b> – Multi-sport tri, 6.2 or 3.1 mile run/walk
14	Sammamish	<b>Mud &amp; Chocolate Gnome Run</b> – 13.1 or 4.5 mile run/walk
14	Snohomish	<b>Spartan Super or Sprint</b> – 6.2 or 3.1 mile obstacle course
14	North Bend	<b>Tunnel Vision</b> – 26.2 mile run
14	Seattle	<b>Lake Union 10k</b> – 6.2 mile run/walk
20	Coupeville	<b>Tour de Whidbey</b> – 162, 100, 67, 50, 33 or 10 mile bike ride
20	Tacoma	<b>Parkland Pace or Race</b> – 3.1 mile run/walk
20	West Seattle	<b>Alki Beach Sunset Run</b> – 3.1 mile run/walk
20-21	Redmond	<b>R2B2 and Back</b> – 101.6 mile bike ride
21	North Bend	<b>Iron Horse Half Marathon</b> – 13.1 mile run
27	Seattle	<b>Seattle Marathon Summer 5k/10k</b> – 6.2 or 3.1 mile run/walk
27	Mukilteo	<b>Run-a-Muk</b> – 6.2 or 3.1 mile run/walk
27	Centralia	<b>Garlic Fest 5k</b> – 3.1 mile run/walk
<b>SEPTEMBER</b>		
3	Bonney Lake	<b>Bonney Lake Triathlon</b> – Multi-sport triathlon
3	McCleary	<b>Terrain Race</b> – 3.1 mile obstacle course & mini run
3-4	Bellevue	<b>Rock 'N' Roll Marathon</b> – 13.1 or 3.1 mile run/walk
10	Auburn	<b>Pacific Runderland</b> – 3.1 mile run/walk & kids run
10	Lake Stevens	<b>Lake Stevens Triathlon</b> – Multi-sport triathlon
10	Redmond	<b>HERO House 5k</b> – 3.1 mile run/walk and kids run
10	Vashon Island	<b>Passport 2 Pain</b> – 80, 50, 30 or 12 mile bike ride
10	Port Angeles	<b>GOAT Run</b> – 31, 26.2 or 13.1 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](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.