



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
Participant Barbara Lee, completing the
Sound to Narrows race event!

Date	City	Event Name and Description
AUGUST		
13	Tacoma	Narrows Half Marathon & 5k – 13.1 or 3.1 mile run/walk
13	Coupeville	Race the Reserve Whidbey Island – 13.1, 6.2 or 3.1 mile run/walk
13	Ocean Shores	Run S'More 5k – 3.1 mile beach run/walk
13	Snohomish	Spartan Beast – 13.1 mile obstacle course and kids race
13	Bellevue	Cougar Mtn Trail Run – 26.2, 14.5 or 3.1 mile run/walk
12-14	Vancouver	Girlfriends Triathlon & Fitness Festival – Multi-sport tri, 6.2 or 3.1 mile run/walk
14	Snohomish	Spartan Race Super or Sprint – 6.2 or 3.1 mile obstacle course and kids race
14	North Bend	Tunnel Vision – 26.2 mile run
14	Seattle	Lake Union 10k – 6.2 mile run/walk
20	Coupeville	Tour de Whidbey – 162, 100, 67, 50, 33 or 10 mile bike ride
20	Tacoma	Parkland Pace or Race – 3.1 mile run/walk
20	West Seattle	Alki Beach Sunset Run – 3.1 mile run/walk
20-21	Redmond	R2B2 and Back – 101.6 mile bike ride
21	North Bend	Iron Horse Half Marathon – 13.1 mile run
27	Seattle	Seattle Marathon Summer 5k/10k – 6.2 or 3.1 mile run/walk
27	Mukilteo	Run-a-Muk – 6.2 or 3.1 mile run/walk
27	Centralia	Garlic Fest 5k – 3.1 mile run/walk
SEPTEMBER		
3	Bonney Lake	Bonney Lake Triathlon – Multi-sport triathlon
3	McCleary	Terrain Race – 3.1 mile obstacle course & mini run
3-4	Bellevue	Rock 'N' Roll Marathon – 13.1 or 3.1 mile run/walk
4	Port Orchard	Seagull Splat 5k – 3.1 mile run/walk
10	Auburn	Pacific Runderland – 3.1 mile run/walk & kids run
10	Lake Stevens	Lake Stevens Triathlon – Multi-sport triathlon
10	Redmond	HERO House 5k – 3.1 mile run/walk and kids run
10	Vashon Island	Passport 2 Pain – 80, 50, 30 or 12 mile bike ride
10	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run/walk
10	Carnation	Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk
11	Woodinville	Wine Ride – 24 or 17 mile bike ride
11	Puyallup	9/11 Memorial 5k & 9.11k – 5.6 or 3.1 mile run/walk
11	Gig Harbor	Race for a Soldier – 13.1 or 3.1 mile run/walk
17	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
17	Spokane	Happy Girls Run Spokane – 13.1, 6.2 or 3.1 mile run/walk
17	Washougal	Spartan Sprint 5k – 3.1 mile obstacle course and kids race
17	Seattle	Orca Half Marathon – 13.1 mile run
17	Olympia	Club Oly Fall Frolic 2022 – 5 mile run/walk and kids race
18	North Bend	Tunnel Light Marathon – 26.2 mile run
18	Quilcene	Quilcene Oyster Races – 13.1, 6.2 or 3.1 mile run/walk
24	Anacortes	Anacortes Half Marathon & 5k – 13.1 and 3.1 mile run/walk
24	Port Angeles	The Big Hurt – Multi-sport event (bike/kayak/run)
24-25	Bellingham	Bellingham Bay Marathon – 26.2, 13.1, 6.2 and 3.1 mile run/walk
24-25	Black Diamond	Tough Mudder – 9.3, 6.2, 3.1 mile and kids obstacle course
25	Kitsap	Kitsap Color Classic – 53, 35 or 25 mile bike ride
OCTOBER		
1	Leavenworth	Leavenworth Marathon – 26.2 or 13.1 mile run/walk
1	Anacortes	Fidalgo Trail Run – 26.2, 13.1 or 5 mile trail run/walk
2	Seattle	Base 2 Space – 832 Step Stair Climb
8	Spokane	Bridge to Brunch 5k – 3.1 mile run/walk
8	Poulsbo	Poulsbo Half & 10k – 13.1 or 6.2 mile run/walk
8	Puyallup	Puyallup Valley Half Marathon & 10k – 13.1, 6.2 or 3.1 mile run/walk
9	Puyallup	Stein Dash 5k – 3.1 mile run/walk and kids run

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.