



## 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 members, Don and Kailey Droz participating in the Tour de Lavender bike ride event!

Date	City	Event Name and Description
<b>OCTOBER</b>		
22	Spokane	Evergreen Club 5k – 3.1 mile run/walk
22	Spokane	Trick-or-Trot Monster 5k Fun Run – 3.1 mile run/walk
22	Seattle	The Pink Run – 3.1 mile run/walk
23	Redmond	Where's Bigfoot 5k – 3.1 mile run/walk
29	Tacoma	Wicked Fast 5k Halloween Run – 3.1 mile run/walk and kids run
29	Wenatchee	Monster Dash 5k and Little Goblin 1 mile – 3.1 mile run/walk and kids run
29	Snohomish	The Running Dead 5k – 3.1 mile run/walk
29	Wilkeson	Ghostly 5k Trail Run – 3.1 mile trail run/walk
30	Redmond	Captain Jack's Treasure Run – 7.5, 5, or 3.1 mile run/walk
30	Seattle	Trick or Treat 5k – 3.1 mile run/walk
30	Seattle	Run Scared – 6.2, 3.1 or 2 mile run/walk and kids dash
30	Bellevue	Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile trail run/walk
<b>NOVEMBER</b>		
5	Kirkland	Lake Washington Half Marathon – 13.1 mile run/walk
5	Kent	I Unity We Run Marathon & Half – 26.2 or 13.1 mile run/walk
6	Seattle	Where's Waldo 5k – 3.1 mile run/walk
12	Puyallup	Veterans 5k – 3.1 mile run/walk
12	Orting	Orting Turkey Trot – 13.1, 6.2, or 3.1 mile run/walk
12	Mount Vernon	Fowl Fun Run – 6.2 or 3.1 mile run/walk and kids dash
12	Issaquah	Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile trail run
19	Seattle	Tacky Turkey Sweater 5k – 3.1 mile run/walk
20	Everett	Coffee 5k – 3.1 mile run/walk
24	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kids run
24	Puyallup	Gobble Gobble 5k/10k – 6.2 or 3.1 mile run/walk
24	Maple Valley	Maple Valley Turkey Trot – 3.1 mile run/walk and kids run
24	Woodinville	Turkey Trot Woodinville – 3.1 mile run/walk and kids dash
24	Issaquah	Issaquah Turkey Trot – 3.1 mile run/walk
24	Arlington	Arlington Turkey Trot – 3.1 mile run/walk
24	Gig Harbor	Gig Harbor Turkey Trot – 3.1 mile run/walk
24	Bainbridge	Bainbridge Island Turkey Trot – 3.1 mile run/walk
24	Silverdale	Silverdale Rotary Turkey Trot – 3.1 mile run/walk and kids dash
24	Tacoma	Norpoint Classic 2 mile & 5k – 3.1 or 2 mile run/walk
24	Spokane	Huffin' For the Stuffin' – 3.1 mile run/walk
26	Seattle	Seattle Marathon – 26.2 or 13.1 mile run/walk
<b>DECEMBER</b>		
3	Blyn	Jamestown S'Klallam Tribe Run – 6.2 or 3.1 mile run/walk
3	Seattle	The Electric Cookie Run – 5.6 or 2.8 mile run/walk
4	Seattle	Wizards 5k – 3.1 mile run/walk
10	Tacoma	Santa Runs Tacoma Half Marathon & 5k – 13.1 or 3.1 mile run/walk and kids run
10	Maple Valley	Pigtails Run – 31, 26.2 or 13.1 mile run/walk
10	Bellingham	Jingle Bell Run Bellingham – 3.1 or 1 mile run/walk
10	Anacortes	Anacortes Santa Run – 3.1 mile run/walk
11	Seattle	Jingle Bell Run Seattle – 3.1 or 1 mile walk run and kids run
11	Kirkland	12ks Of Christmas – 7.5 or 3.1 mile run/walk
17	Olympia	White Elephant Run 5 Mile – 5 mile run/walk
18	Seattle	It's a Runderful Life 5k – 3.1 mile run/walk
24	Puyallup	Christmas Eve Ugly Sweater 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](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.