



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 member, Charlotte Green participating in the Bellingham Bay Marathon event!

| Date | City | Event Name and Description |
|-----------------|----------------|--|
| NOVEMBER | | |
| 5 | Kirkland | Lake Washington Half Marathon – 13.1 mile run |
| 5 | Kent | In Unity We Run Marathon and Half – 26.2 or 13.1 mile run |
| 6 | Seattle | Where’s Waldo 5k – 3.1 mile run/walk |
| 12 | Puyallup | Veteran’s 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 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/walks and kids run |
| 24 | Puyallup | Gobble Gobble 5k/10k – 6.2 or 3.1 mile run/walk |
| 24 | Maple Valley | Maple Valley Turnkey 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 Isl | Bainbridge Island Turkey Trot – 3.1 or 1 mile run/walk |
| 24 | Silverdale | Silverdale Rotary Turkey Trot – 6.2, 3.1, or 1 mile run/walk and kids dash |
| 24 | Tacoma | Norpoint Classic 2 mile and 5k – 3.1 or 2 mile run/walk |
| 24 | Spokane | Huffin’ For the Stuffin’ – 3.1 mile run/walk |
| 24 | Mukilteo | Turkey Trot Mukilteo – 6.2 or 3.1 mile run/walk |
| 24 | Auburn | Auburn Turkey Trot – 5 mile run/walk |
| 26 | Seattle | Seattle Marathon – 26.2 or 13.1 mile run/walk |
| 26 | Seattle | Seattle Kids Marathon – 26.2 mile run/walk |
| DECEMBER | | |
| 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 |
| 3 | Fox Island | 5k Santa Run – 3.1 mile run/walk and kids dash |
| 4 | Seattle | Wizards 5k – 3.1 mile run/walk |
| 4 | Tacoma | Santa Runs Tacoma – 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 and kids run |
| 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 | Seattle | Seward Solstice Run – 6.2 or 4.2 mile trail run |
| 17 | Olympia | White Elephant Run 5 Mile – 5 mile run/walk |
| 17 | Tacoma | Jingle Bell Run 3 mile – 3 mile run/walk |
| 18 | Seattle | It’s a Runderful Life 5k – 3.1 mile run/walk |
| 24 | Puyallup | Christmas Eve Ugly Sweater 5k Run/Walk – 3.1 mile run/walk and kids run |
| JANUARY | | |
| 15 | Puyallup | Mimosa 5k – 3.1 mile run/walk |
| 21 | Sammamish | Frost Eagle Trail Run – 13.1 or 5 mile trail run/walk |
| 28 | Tukwila | Tukwila to Alki Half Marathon – 13.1 mile 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.