



## 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



Date	City	Event Name and Description
<b>DECEMBER</b>		
3	Blyn	<b>Jamestown S'Klallam Tribe Run</b> – 6.2 or 3.1 mile run/walk
3	Seattle	<b>The Electric Cookie Run</b> – 5.6 or 2.8 mile run/walk
3	Fox Island	<b>5k Santa Run and Kids Jingle Dash</b> – 3.1 mile run/walk and kids dash
4	Seattle	<b>Wizards 5k</b> – 3.1 mile run/walk
4	Tacoma	<b>Santa Runs Tacoma</b> – 3.1 mile run/walk and kids run
4	Snohomish	<b>Chase the Grinch Outta Snohomish</b> – 6.2 or 3.1 mile run/walk and kids run
10	Maple Valley	<b>Pigtails Run</b> – 31, 26.2 or 13.1 mile run/walk
10	Bellingham	<b>Jingle Bell Run Bellingham</b> – 3.1 or 1 mile run/walk and kids run
10	Anacortes	<b>Anacortes Santa Run</b> – 3.1 mile run/walk
10	Kent	<b>Christmas Rush Fun Run and Walk</b> – 6.2 or 3.1 mile run/walk
11	Seattle	<b>Jingle Bell Run Seattle</b> – 3.1 or 1 mile walk/run and kids run
11	Kirkland	<b>12ks Of Christmas</b> – 7.5 or 3.1 mile run/walk
17	Seattle	<b>Seward Solstice Run</b> – 6.2 or 4.2 mile trail run
17	Olympia	<b>White Elephant Run 5 Mile</b> – 5 mile run/walk
17	Tacoma	<b>Jingle Bell Run 3 mile</b> – 3 mile run/walk
18	Seattle	<b>It's a Runderful Life 5k</b> – 3.1 mile run/walk
24	Puyallup	<b>Christmas Eve Ugly Sweater 5k Run/Walk</b> – 3.1 mile run/walk and kids run

### JANUARY

1	Seattle	<b>Resolution Run 5k &amp; Polar Bear Dive</b> – 3.1 mile run/walk and kids dash
1	Kenmore	<b>Absolution Run</b> – 8 or 4 mile trail run/walk
1	Auburn	<b>Resolution 5k &amp; 8k</b> – 5 or 3.1 mile run/walk
15	Puyallup	<b>Mimosa 5k</b> – 3.1 mile run/walk
21	Sammamish	<b>Frost Eagle Trail Run</b> – 13.1 or 5 mile trail run/walk
22	Seattle	<b>Unicorns &amp; Rainbows Fun Run</b> – 3.1 mile run/walk
28	Tukwila	<b>Tukwila to Alki Half Marathon</b> – 13.1 mile run
28	Steilacoom	<b>Ft. Steilacoom Resolution Run Series: 10k &amp; 5k</b> – 6.2 or 3.1 mile run/walk

### FEBRUARY

4	Seattle	<b>Interlaken Icicle Dash</b> – 6.2 or 3.1 mile trail run/walk
11	Seattle	<b>Winter Breeze</b> – 9.3, 6.2 or 3.1 mile run/walk and kids dash
12	Seattle	<b>My Better Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk
19	Woodinville	<b>Run or Wine 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk
25	Steilacoom	<b>Ft. Steilacoom Resolution Run Series: 20k, 10k &amp; 5k</b> – 12.4, 6.2 or 3.1 mile run/walk
25	Port Angeles	<b>Frosty Moss Relay</b> – 80 or 30 mile relay trail run/walk
25	Snohomish	<b>Lord Hill Trail Run</b> – 31, 20, 10 or 3.1 mile run/walk

**MORE TO COME!**

Sound Health & Wellness Trust member Robbin Tindall-Olliges participating in the Wicked Fast 5k Halloween Run!

## 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.