



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



Date	City	Event Name and Description
APRIL		
16	Spokane	The Split – 13.1, 6.2 or 3.1 mile run/walk
17	Orting	The Foothills Dash Trail Run – 13.1, 6.2 or 3.1 mile trail run/walk
22	Burlington	Tulip Run – 6.2 or 2 mile run/walk
22	Seattle	Earth Day Run – 13.1, 9.3, 6.2 or 3.1 mile run/walk
22	Sequim	Railroad Bridge Park Run – 6.2 or 3.1 mile run/walk
22	Olympia	Capital Peak 50 miler/25k – 50 or 15.5 mile trail run/walk
22	Issaquah	Squak Mountain Trail Run – 31, 13.1, or 7.5 mile trail run
22	Redmond	CAT Running 5k – 3.1 mile run/walk
22	Quincy	Caveman Roar n' Pour 5k – 3.1 mile trail run/walk
23	Puyallup	Explore Puyallup 12k – 7.5 mile scavenger run/walk
23	Seattle	Walk MS Seattle – 3 or 1 mile walk
23	Everett	Coffee 5k – 3.1 mile run/walk
23	Snoqualmie	Mt Si Relay & Trail Runs – 50, 31, 26.2 or 13.1 mile run and 60 mile relay
23	Oak Harbor	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kids run
23	Spokane	Spokane River Run – 31.5, 15.5, 6.2 or 3.1 mile run/walk and 31 mile relay
29	Winthrop	Sunflower Trail Marathon – 26.8 or 13.1 mile trail run/walk and 26.8 mile relay
29	Seattle	PanCAN PurpleStride Puget Sound – 3 mile run/walk
29	Tacoma	Ghost of Tacoma City Marathon, Half Marathon & 5k – 26.2, 13.1 or 3.1 mile run/walk
30	Tacoma	Tacoma City Marathon & Half Marathon – 26.2 or 13.1 mile run/walk
30	Bellevue	All In For Autism – 6.2 or 3.1 mile run/walk
MAY		
5	Puyallup	Cinco de Mayo 5k & 5 Miler – 5 or 3.1 mile run/walk
6	Wenatchee	Apple Blossom Run – 6.2, 3.1 or 2.1 mile run/walk
6	Lakewood	Hunger Walk – 3.1 mile walk
6-7	Snohomish	Snohomish Women's Run – 13.1, 6.2 or 3.1 mile run/walk
7	Seattle	Bike-n-Brews – 38 mile bike ride
7	Spokane	Bloomsdays Run – 7.46 mile run/walk
12-14	Long Beach	Pacific Coast Running Festival – 13.1, 6.2 or 3.1 mile run/walk
13	Redmond	May the Course Be With You 5k – 3.1 mile run/walk
13	Burlington	Skagit Spring Classic – 100, 64, 45 or 25 mile bike ride
13	Auburn	Battlefield Addiction Run for Recovery – 3.1 mile run/walk
13	Mukilteo	Inspiring Hope Run – 6.2 or 3.1 mile run/walk
13	Liberty Lake	Dog.N.Friends – 6.2, 3.1 or 1 mile run/walk
14	Kirkland	Mother's Day Half Marathon – 13.1 or 3.1 mile run/walk
20	Friday Harbor	San Juan Island Half – 13.1 mile run and kids race
20	Seattle	Running from Gluten – 6.2 or 3.1 mile run/walk
20	Sammamish	Soaring Eagle Trail Run – 13.1, 6.2 or 3.1 mile trail run/walk
20	Spokane	Mermaid Run – 10, 6.2 or 3.1 mile run/walk
21	Spokane	Windermere Marathon – 26.2, 13.1, 6.2 or 3.1 mile trail run/walk
21	Port Townsend	Rhody Run – 6.2 or 3.1 mile run/walk and kids dash
21	Woodinville	Run or Wine 5k – 3.1 mile run/walk
21	Olympia	Capital City Marathon – 26.2, 13.1 or 5 mile run/walk
21	Poulsbo	Viking Tour – 58, 30 or 18 mile bike ride
21	Seattle	Beat the Bridge – 5, 3 or 1 mile run/walk
28	Bellingham	Ski to Sea – 78.5 mile relay
JUNE		
3	Maple Valley	Lake Wilderness – 13.1, 6.2 or 3.1 mile run/walk and tri
3	Sedro Wooley	B – 3.1 mile 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. **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.