



**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 participants at the Hot Chocolate event in Seattle.

Date	City	Event Name and Description
<b>JUNE</b>		
24	Bellingham	<b>Padden Triathlon</b> – 26.7 or 12.8 mile triathlon
24	Puyallup	<b>Summer Solstice The Longest Day 5k</b> – 3.1 mile trail run/walk
24	Port Orchard	<b>Hot Foot 5k Trail Run</b> – 3.1 or 1 mile trail run/walk
24	Issaquah	<b>Tiger Peak Challenge</b> – 31, 13.1 or 5 mile trail run/walk
24	Carnation	<b>Snoqualmie Valley Half</b> – 13.1 or 6.2 mile trail run/walk
24	Orting	<b>Donut Dash</b> – 3.1 mile run/walk
24	Doty	<b>Ride the Willapa</b> – 63, 52, 29 or 26 mile bike ride
24	Seattle	<b>Run and Walk with Pride</b> – 4.97 or 2.49 mile run/walk
25	Seattle	<b>Defeat Myeloma Run/Walk</b> – 3.1 or 1 mile run/walk
27	Seattle	<b>NW Trail Runs Carkeek Warmer</b> – 6.2 or 3.1 mile trail run/walk
<b>JULY</b>		
4	Tacoma	<b>Independence Day 5k</b> – 3.1 run/walk and kids run
4	Steilacoom	<b>Four on the Fourth</b> – 4 mile run/walk and 1 mile kids run
4	Edmonds	<b>Beat Brackett 5k &amp; 1k</b> – 3.1 or .6 mile run/walk
4	Federal Way	<b>Miles for Meso</b> – 3.1 mile run/walk/roll and kids dash
4	Puyallup	<b>Firecracker 4 Miler &amp; Sparkler Dash</b> – 4 mile run/walk
8	Redmond	<b>Head for the Cure 5k</b> – 3.1 run/walk and kids run
8	Bremerton	<b>Muddy Dash</b> – 2 mile obstacle course
8	Bellingham	<b>Lake Whatcom Triathlon</b> – Olympic, Sprint or Aquabike tri
8	Bellingham	<b>Chuckanut Foot Race</b> – 7 mile trail run/walk
8	Snoqualmie	<b>Snoqualmie Tunnel 5k Glow Run</b> – 3.1 mile run/walk
8	Bellevue	<b>Cougar Mtn Trail Run</b> – 19.5, 10.8 or 3.1 mile trail run/walk
8	Enumclaw	<b>Raise the Bar's Black Diamond Triathlon</b> – Olympic or Sprint triathlon, Aquabike and Sprint Relays
9	Tonasket	<b>Get Lost Trail Race</b> – 14, 7 or 3 mile trail run/walk
9	Westport	<b>Run Like the Wind</b> – 13.1, 6.2 or 3.1 mile run/walk
11	Seattle	<b>NW Trail Runs Seward Sizzler</b> – 6.2 or 4.2 mile trail run/walk
14-15	Ashford	<b>Mt. Rainier Half Marathon &amp; 5k</b> – 13.1 or 3.1 mile run/walk
14-15	Blaine-Langley	<b>Northwest Passage Ragnar</b> – Varies:14.1 - 22.1 mile relay
15	Kent	<b>Kent Cornucopia Days 5k</b> – 3.1 mile run/walk
15	Olympia	<b>Olympia Lakefair Races</b> – 13.1, 4.97 or 3.1 mile run/walk
15	Puyallup	<b>Tour de Pierce</b> – 59.8, 17 or 7 mile bike ride
15	Spokane	<b>8 Lakes Leg Aches</b> – 75, 45 or 30 mile bike ride
15-16	Seattle-Portland	<b>Seattle to Portland (STP)</b> – 200 mile bike ride
16	Seattle	<b>Sundae Runday</b> – 3.1 or 2 mile run/walk and kids dash
16	Seattle	<b>SummeRun &amp; Walk for Ovarian Cancer</b> – 3.1 mile run/walk
22	Bellingham	<b>Tour de Whatcom</b> – 100, 62, 44 or 22 mile bike ride
22	Buckley-Orting	<b>B&amp;O Half Marathon and 10k</b> – 13.1 or 6.2 mile trail run/walk
22	West Seattle	<b>Float Dodger 5k</b> – 3.1 mile run/walk and kids dash
22	Tacoma	<b>Owl Together Now</b> – 4 mile evening run/walk
23	Puyallup	<b>Bubble Run</b> – 3.1 mile run/walk
23	Seattle	<b>Seafair Triathlon</b> – Sprint, Super Sprint, Sprint Duathlon, Relay and kids tri
29	Anacortes	<b>Anacortes Pirate Run</b> – 6.2 or 3.1 mile run/walk and kids run
29	University Place	<b>Twisted Cider 5k</b> – 3.1 mile run/walk and kids 1k
29	Lake Stevens	<b>Aqua Run</b> – 6.2 or 3.1 mile run/walk and kids 1k
29-30	North Bend	<b>Jack &amp; Jill's Downhill Marathon</b> – 26.2 or 13.1 mile trail run
<b>AUGUST</b>		
5	Sequim	<b>Tour de Lavender</b> – 64 or 34 mile bike ride
5	Gig Harbor	<b>Galloping Gertie</b> – 13.1, 6.2 or 3.1 mile run/walk
5	Monroe	<b>Lake Tye Triathlon</b> – Duathlon, Aquabike, Sprint or Olympic and Youth triathlons
6	Port Angeles	<b>Ride the Hurricane</b> – 39.9 mile bike ride
8	Seattle	<b>NW Trail Runs Interlaken Ice Cream Dash</b> – 6.2 or 3.1 mile trail 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](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.