



**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

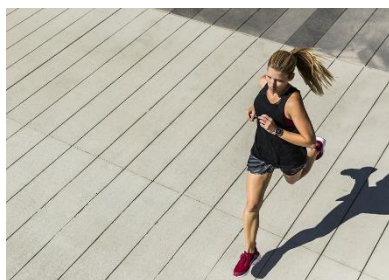
Fit Happens technical t-shirt

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
AUGUST		
8	Seattle	Interlaken Ice Cream Dash – 6.2 or 3.1 mile trail run/walk
12	Cle Elum	Suncadia Half & 5k – 13.1 or 3.1 mile trail run/walk
12	Tacoma	Tacoma Narrows Half Marathon & 5k – 13.1 or 3.1 mile run/walk
12	Coupeville	Race the Reserve Whidbey Island – 13.1, 6.2 or 3.1 mile run/walk
12	Bellevue	Cougar Mountain Trail Run – 26.2, 14.5 or 3.1 mile run/walk
12-13	Ocean Shores	Run S'More 5k – 3.1 mile beach run/walk
13	North Bend	Tunnel Vision Marathon – 26.2 mile run/walk
13	Vancouver	Girlfriends Triathlon & Fitness Festival – Multi-sport triathlon, Duathlon and 6.2 or 3.1 mile run/walk
13	Seattle	Lake Union 10k – 6.2 mile run/walk
19	Kent	Lake Meridian Triathlon – Olympic, Sprint or Super Sprint triathlon and relays
19	Coupeville	Tour de Whidbey – 162, 100, 67, 50, 33 or 10 mile bike ride
19	Tacoma	Parkland Pace or Race – 3.1 mile run/walk
20	Seattle	Emerald City 5k – 3.1 mile run/walk
26	Seattle	Seattle Marathon – 13.1, 6.2 or 3.1 mile run/walk
26	Mukilteo	Run-a-Muk 5k/10k – 6.2 or 3.1 mile run/walk
27	North Bend	Iron Horse Half Marathon – 13.1 mile trail run/walk
27	Bainbridge Is.	Bike for Pie – 30 or 10 mile bike ride
SEPTEMBER		
2	Bonney Lake	Bonney Lake Triathlon – Multi-sport tri, Aquabike, Duathlon
2	Lakewood	Labor of Love – 13.1, 6.2 or 3.1 mile run/walk and kids run
9	Auburn	Pacific Runderland – 3.1 mile run/walk and kids run
9	Lake Stevens	Lake Stevens Triathlon – Olympic or Sprint triathlon or Olympic Para Athlete
9	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run/walk
9	Carnation	Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk
9	Puyallup	9/11 Memorial 5k and 9.11k – 5.6 or 3.1 mile run/walk
9	Redmond	HERO House NW 5k – 6.2 or 3.1 mile run/walk and kids run
10	Gig Harbor	Race for a Soldier – 13.1 or 3.1 mile run/walk
10	North Bend	Tunnel Light Marathon – 26.2 mile run/walk
16	Bremerton	Terrain Race – 3.1 mile obstacle course run/walk
16	Snohomish	Spartan Beast – 13 mile obstacle course and kids race
16	Vashon Island	Passport 2 Pain – 80, 58, 33 or 12 mile bike ride
16	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
16	Olympia	Rock Candy Mountain Run – 7 mile endurance trail run/walk
16	Seattle	Orca Half Marathon – 13.1 mile run/walk
16-17	Snohomish	Spartan Race Super or Sprint – 6.2 or 3.1 mile obstacle course and kids race
17	Maple Valley	Ironman 70.3 Washington – 13.1 mile run, 56 mile bike ride, 1.2 mile swim (General Race Entry)
17	Quilcene	Quilcene Oyster Races – 13.1, 6.2 or 3.1 mile run/walk
23	Port Angeles	The Big Hurt – Multi-sport; bike, kayak and 6.2 mile trail run
23	Seattle	More Than Pink Walk – Varies, 2.5 mile walk is encouraged
23-24	Black Diamond	Tough Mudder – 9.3, 6.2 or 3.1 mile run/walk and kids race
24	Bellingham	Bellingham Bay Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
24	Kitsap	Kitsap Color Classic – 53, 35 or 25 mile bike ride
30	Anacortes	Fidalgo Trail Run – 26.2, 13.1 or 5 mile trail run/walk
30	Leavenworth	Leavenworth Marathon – 26.2 or 13.1 mile run/walk
OCTOBER		
1	Seattle	Base 2 Space – 832 steps stair climb
7	Poulsbo	Poulsbo Half & 10k – 13.1 or 6.2 mile run/walk
7	Tacoma	Fall Classic – 3.1 mile run/walk and kids run
7	Puyallup	Puyallup Valley Half Marathon & 10k – 13.1 or 6.2 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.