



**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
SEPTEMBER		
16-17	Snohomish	Spartan Race Super or Sprint – 6.2 or 3.1 mile obstacle course and kids race
17	Spokane	BRRC Sundae Sunday 10-Miler – 10 mile run
17	Maple Valley	Ironman 70.3 Washington – 13.1 mile run, 56 mile bike ride, 1.2 mile swim
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	Spokane	Bridge to Brunch 5k – 3.1 mile run/walk
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	Everett	Where's Waldo 5k – 3.1 mile run/walk
1	Seattle	Base 2 Space – 832 steps stair climb
1	Seattle	Washington CeaseFire 5k – 3.1 mile run/walk
1	Spokane	Sekani Trail Run – 6.2, 3.2 or 1 mile trail run/walk
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
8	Vancouver	Girlfriends Run – 13.1, 6.2 or 3.7 mile run/walk
8	Seattle	Dawg Dash – 6.2 or 3.1 mile run/walk and kids runs
8	Univ. Place	Pink Ribbon Army 5k – 3.1 mile run/walk and kids run
8	Shelton	Shuck N Share 5k Run – 3.1 mile run/walk
8	Spokane	The Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk
14	Tacoma	Defiance 50k, 30k & 15k – 31, 18.6 or 9.3 mile run/walk
14	Puyallup	Zombie Run 5k – 3.1 mile run/walk
14	North Bend	North Bend Skyline 30k-Boulder Garden 8k – 18.6 or 4.97 mile trail run/walk
14	Port Townsend	Larry Scott Trail Run – 13.1, 6.2 or 3.1 mile trail run/walk
15	Snohomish	Snohomish River Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk
15	Seattle	I Can and I Will Run – 6.2 or 3.1 mile run/walk and kids runs
15	Spokane	Wild Moose Chase – 15.5, 6.2 or 3.1 mile trail run/walk
19	Spokane	Evergreen Club 5k Fun Run – 3.1 mile run/walk
21	Kirkland	Lake Washington Half Marathon – 13.1 mile run
21	Spokane	Socketoberdash – 6.2 or 3.1 mile run
28	Wenatchee	Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk
28	Tacoma	Wicked Fast Halloween 5k – 3.1 mile run/walk and kids run
29	Seattle	Run Scared – 6.2, 3.1 or 2 mile run/walk and kids dash
29	Seattle	Trick or Treat 5k – 3.1 mile run/walk
29	Redmond	Captain Jack's Treasure Run – 7.5, 4.97 or 3.1 mile run/walk
29	Bellevue	Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile trail run
30	Spokane	Bridge to Brunch 5k – 3.1 mile run/walk
NOVEMBER		
11	Issaquah	Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile run
23	Spokane	Cheney Turkey Trot – 3 mile run
23	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kids run
23	Puyallup	Gobble Gobble 5k & 10k – 6.2 or 3.1 mile run/walk
23	Maple Valley	Maple Valley Turkey Trot – 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.