



**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

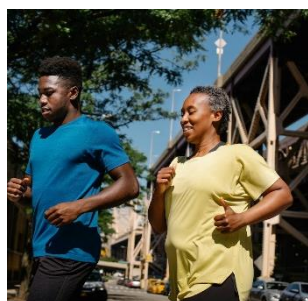
Fit Happens technical t-shirt

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
OCTOBER		
8	Seattle	Dawg Dash – 6.2 or 3.1 mile run/walk and kids runs
8	University 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	Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk and marathon relay
8	Puyallup	Stein Dash 5k – 3.1 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
22	Redmond	Where's Bigfoot 5k – 3.1 mile run/walk
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
29	Puyallup	Haunted Hustle – 6.2 or 3.1 mile run
NOVEMBER		
4	Everett	Dia De Los Muertos 5k – 3.1 mile run/walk
11	Issaquah	Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile run
12	Puyallup	STEP Veterans 4k – 3.1 mile run/walk
23	Woodinville	Turkey Trot Woodinville – 3.1 mile run/walk and kids dash
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
23	Seattle	Turkey Trot – 9.3, 6.2 or 3.1 mile run/walk and kids dash
23	Gig Harbor	Gig Harbor Turkey Trot – 3.1 mile run/walk
23	Seattle	Hi5k Thanksgiving Day Apple Cup – 3.1 mile run/walk
23	Silverdale	Silverdale Rotary Turkey Trot – 6.2, 3.1 or 1 mile run/walk
23	Mukilteo	Turkey Trot Mukilteo – 6.2 or 3.1 mile run/walk
23	Arlington	Arlington Turkey Trot – 3.1 mile run/walk
23	Spokane	Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk
23	Olympia	Oly Turkey Day 4 Miler – 4 mile run/walk
25	Seattle	Seattle Kids Marathon – 26.2 mile run/walk
25	Seattle	Super Hero 5k – 3.1 mile run/walk
26	Seattle	Seattle Marathon & Half Marathon – 26.2 or 13.1 mile run/walk
DECEMBER		
2	Blyn	Jamestown Glow Run – 6.2 or 3.1 mile night run/walk
2	Seattle	The Electric Cookie Run – 5.6 or 2.8 mile run/walk
2	Woodinville	Celebrate Woodinville Winterfest 5k – 3.1 mile run/walk
9	Bellingham	Jingle Bell Run Bellingham – 3.1 or 1 mile run/walk
9	Kent	Christmas Rush Fun Run/Walk – 6.2 or 3.1 mile run/walk
9	Tacoma	Santa Runs Tacoma 5k & 10k – 6.2 or 3.1 mile run/walk
9	Orting	Reindeer Run 5k – 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.