



# 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



LiveWell Fit participant after completing the Tacky Turkey Sweater 5k in Seattle.

Date	City	Event Name and Description
<b>FEBRUARY</b>		
17	Montesano	Run Forest Run – 31.1 or 15.5 mile trail run/walk
17	Olympia	ROAD-odend-Run – 6 mile relay run/walk and kids run
18	Woodinville	Run or Wine 5k or 10k – 6.2 or 3.1 mile run/walk
24	Lakewood	Ft. Steilacoom Resolution Run Series: 20k, 10k or 5k – 12.4, 6.2 or 3.1 mile run/walk
24	Snohomish	Lord Hill Trail Run – 31, 20, 10 or 3.1 mile trail run/walk
24	Auburn	Leap Year 4 Miler – 4 mile run/walk
24-25	Whidbey Is.	Fort Ebey Kettles Trail Run – 26.2, 13.1, 6.2 or 3.1 mile trail run/walk
25	Shoreline	ICHS Lunar New Year 5k – 3.1 mile run/walk
25	Bainbridge Is.	Chilly Hilly – 33 mile bike ride
<b>MARCH</b>		
2	Sequim	Sun Fun Color Run – 3.1 or .6 mile color run/walk
2	Wawawai Lndg.	Snake River Canyon Half Marathon – 13.1 mile run/walk
3	Bellingham	Padden Mudfest – 6.2 or 3.1 mile trail run/walk
3	Seattle	Hot Chocolate Run – 9.3, 6.2 or 3.1 mile run/walk
9	Issaquah	RUFA Tiger Mountain – 8.3+ mile trail run/walk
9	Redmond	Lake Sammamish Half Marathon – 13.1 mile run/walk
16	Woodinville	Leprechaun Leap – 6.2 or 3.1 mile run/walk and kids sprint
16	Oak Harbor	Deception Pass Marathon and Half – 26.2 or 13.1 mile run/walk and kids run
16	Tacoma	St. Paddy's Day Run Tacoma – 13.1, 6.2 or 3.1 mile run/walk
16	Kent	Run the Green – 13.1 or 6.2 mile run
16	Bellingham	Runnin' O' the Green – 4.97 or 3.1 mile run/walk
16	Lakewood	Ft. Steilacoom Resolution Run Series: 30k, 15k or 5k – 18.6, 9.3 or 3.1 mile run/walk
16	Port Angeles	Frosty Moss Relay – 80 or 30 mile relay and 31 mile solo trail run/walk
16	Gig Harbor	Shamrock'n the Harbor 5k & 12k – 7.5 or 3.1 mile run/walk
16	Poulsbo	Poulsbo Beer Run – 4 mile run/walk
16	Spokane	St. Paddy's 5k – 3.1 mile run/walk
16	Seattle	St. Patrick's Day Dash – 3.1 mile run/walk and kids dash
16	Seattle	Shamrock Shuffle – 13.1, 6.2 or 3.1 mile run/walk
17	Spokane	Olympia Donut Dash 5k – 3.1 mile run/walk and kids run
17	Olympia	Couve Clover Run – 10, 7 or 3 mile run/walk and kids run
23	Vancouver	Honeywagon Runs – 13.1 or 4 mile run/walk and kids run
23	Everson	Cherry Blossom Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk
23-24	Seattle	Big Climb Seattle – 1 mile stair climb
24	Seattle	Mill Town Marathon – 26.2, 13.1 or 6.2 mile run/walk
24	Everett	Dash Point State Park Half Marathon & 10k – 13.1 or 6.2 mile run/walk and kids run
24	Federal Way	Bubbles & Bunnies – 3.1 or 1.5 mile run/walk and kids dash
30	Seattle	Cherry Blossom Run – 3.1 mile run/walk and kids run
30	Seattle	Swing the Gates – 6.2 mile team scavenger hunt or 3.1 mile fun run and kids race
30	Oak Harbor	
<b>APRIL</b>		
6	Seattle	The Tenacious Ten – 10 or 6.2 mile run/walk and kids run
7	Spokane	The Ta Ta Dash The Race to Erase Breast Cancer – 6.2 or 3.1 mile run/walk and kids run
10	Spokane	BRRC Recycle Fun Run 2024 – 4 mile trail run/walk
13	Blaine	Birch Bay Road Race – 18.6, 9.3 or 3.1 mile run/walk
13	Port Angeles	OAT Run – 31, 13.1 or 7.5 mile trail run/walk
14	Spokane	The Split Half Marathon – 13.1, 6.2 or 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](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.