



## 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



[www.SoundHealthWellness.com](http://www.SoundHealthWellness.com)

Sound Support tab > LiveWell Fit

| Date                 | City         | Event Name and Description  |
|----------------------|--------------|---|
| <b>MARCH</b>         |              |   |
| 16                   | Chelan       | <b>Chelan Shamrock Shuffle</b> – 3.1 mile run/walk  |
| 17                   | Seattle      | <b>St. Patrick's Day Dash</b> – 3.1 mile run/walk and kids dash                               |
| 17                   | Spokane      | <b>Shamrock Shuffle</b> – 13.1, 6.2 or 3.1 mile run/walk                                      |
| 17                   | Olympia      | <b>Olympia Donut Dash 5k</b> – 3.1 mile run/walk and kids run                                 |
| 23                   | Vancouver    | <b>Couve Clover Run</b> – 10, 7 or 3 mile run/walk and kids run                               |
| 23                   | Everson      | <b>Honeywagon Run</b> – 13.1 or 4 mile run/walk and kids run                                  |
| 23                   | Seattle      | <b>Leif to Leif 5k</b> – 3.1 mile run/walk  |
| 23-24                | Seattle      | <b>Cherry Blossom Run</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk                              |
| 24                   | Seattle      | <b>Big Climb Seattle</b> – 1 mile stair climb   |
| 24                   | Everett      | <b>Mill Town Marathon</b> – 26.2, 13.1 or 6.2 mile run/walk                                   |
| 24                   | Federal Way  | <b>Dash Point Half Marathon &amp; 10k</b> – 13.1 or 6.2 mile trail run/walk                   |
| 30                   | Seattle      | <b>Bubbles &amp; Bunnies</b> – 3.1 or 1.5 mile run/walk and kids dash                         |
| 30                   | Seattle      | <b>Cherry Blossom Run</b> – 3.1 mile run/walk and kids run                                    |
| 30                   | Oak Harbor   | <b>Swing the Gates</b> – 6.2 mile team scavenger hunt or 3.1 mile fun run and kids race       |
| <b>APRIL</b>         |              |   |
| 6                    | Seattle      | <b>The Tenacious Ten</b> – 10 or 6.2 mile run/walk and kids run                               |
| 7                    | Seattle      | <b>I Love the 90's 5k</b> – 3.1 mile run/walk   |
| 7                    | Spokane      | <b>The Ta Ta Dash The Race to Erase Breast Cancer</b> – 6.2 or 3.1 mile run/walk and kids run |
| 7                    | Puyallup     | <b>Daffodil 8k</b> – 4.97 mile run/walk   |
| 10                   | Spokane      | <b>BRRC Recycle Fun Run 2024</b> – 4 mile trail run/walk                                      |
| 13                   | Blaine       | <b>Birch Bay Road Race</b> – 18.6, 9.3 or 3.1 mile run/walk                                   |
| 13                   | Port Angeles | <b>OAT Run</b> – 31, 13.1 or 7.5 mile trail run/walk  |
| 14                   | Spokane      | <b>The Split Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk                               |
| 20                   | Olympia      | <b>Capital Peak 50 miler, 25k</b> – 50 or 15.5 mile trail run/walk                            |
| 20                   | Issaquah     | <b>Squak Mountain Trail Run</b> – 31, 13.1 or 7.5 mile trail run                              |
| 20                   | Seattle      | <b>Earth Day Run</b> – 9.3, 6.2 or 3.1 mile run/walk and kids dash                            |
| 20                   | Wenatchee    | <b>Wenatchee Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk                              |
| 20                   | Kennewick    | <b>Run the River Marathon</b> – 26.2, 13.1 or 3.1 mile run/walk                               |
| 20                   | Quincy       | <b>Caveman Roar n' Pour 5k</b> – 3.1 mile trail run/walk                                      |
| 21                   | Oak Harbor   | <b>Whidbey Island Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kids run            |
| 21                   | Spokane      | <b>Spokane River Run</b> – 31, 15.5, 6.2 or 3.1 mile run/walk                                 |
| 21                   | Seattle      | <b>Walk MS Seattle</b> – 3 or 1 mile walk   |
| 21                   | Snoqualmie   | <b>Mt Si Relay &amp; Trail Runs</b> – 50, 31, 26.2 or 13.1 mile trail run                     |
| 21                   | Olympia      | <b>Run Like a Fool</b> – 3.1 mile run/walk and kids run                                       |
| 21                   | Puyallup     | <b>Explore Puyallup 12k</b> – 7.5 mile scavenger run/walk                                     |
| 21                   | Lakewood     | <b>Earth Day 5k</b> – 3.1 mile run/walk and kids run  |
| 27                   | Winthrop     | <b>Sunflower Trail Marathon</b> – 26.8 or 13.1 mile trail run                                 |
| 27                   | Sequim       | <b>Railroad Bridge Park Run</b> – 6.2 or 3.1 mile run/walk                                    |
| 27                   | Redmond      | <b>PanCAN Purple Stride Puget Sound</b> – 3 mile run/walk                                     |
| 27                   | Wenatchee    | <b>Wenatchee Valley Color Rush 5k</b> – 3.1 mile run/walk                                     |
| 27                   | Lopez Island | <b>Tour de Lopez</b> – 31, 18, 10, 5 or 3.1 mile bike ride                                    |
| 27                   | Tacoma       | <b>Ghost of Tacoma City</b> – 26.2, 13.1 or 3.1 mile run/walk                                 |
| 27-28                | Orcas Island | <b>Orcas Is. Trail Races</b> – 50, 26.2 or 13.1 mile trail run/walk                           |
| 28                   | Tacoma       | <b>Tacoma City Marathons</b> – 26.2 or 13.1 mile run/walk                                     |
| 28                   | Bellevue     | <b>All In For Autism</b> – 3.1 mile run/walk  |
| <b>MAY</b>           |              |   |
| 4                    | Seattle      | <b>May the Course Be With You 5k</b> – 3.1 mile run/walk                                      |
| 4                    | Lakewood     | <b>Hunger Walk</b> – 3.1 mile walk  |
| 4-5                  | Sequim       | <b>Sequim Irrigation Festival Runs</b> – 13.1, 3.1 or 1 mile run/walk                         |
| 4-5                  | Long Beach   | <b>Pacific Coast Running Festival</b> – 13.1, 6.2 or 3.1 mile run/walk and kids run           |
| 5                    | Seattle      | <b>Bike-n-Brews</b> – 38 mile bike ride   |
| <b>MORE TO COME!</b> |              |   |

## 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.