



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



Full Event Calendar available at:
www.SoundHealthWellness.com
 Sound Support tab > LiveWell Fit

Date	City	Event Name and Description
APRIL		
21	Spokane	Spokane River Run – 31, 15.5, 6.2 or 3.1 mile run/walk
21	Seattle	Walk MS Seattle – 3 or 1 mile walk
21	Snoqualmie	Mt Si Trail Runs – 50, 31, 26.2, 13.1 mile trail run or relay
21	Olympia	Run Like a Fool – 3.1 mile run/walk and kids run
21	Puyallup	Explore Puyallup 12k – 7.5 mile scavenger run/walk
21	Lakewood	Earth Day 5k – 3.1 mile run/walk and kids run
27	Winthrop	Sunflower Trail Marathon – 26.8 or 13.1 mile trail run
27	Sequim	Railroad Bridge Park Run – 6.2 or 3.1 mile run/walk
27	Redmond	PanCAN Purple Stride Puget Sound – 3 mile run/walk
27	Wenatchee	Wenatchee Valley Color Rush 5k – 3.1 mile run/walk
27	Lopez Island	Tour de Lopez – 31, 18, 10, 5 or 3.1 mile bike ride
27	Tacoma	Ghost of Tacoma City – 26.2, 13.1 or 3.1 mile run/walk
27-28	Orcas Island	Orcas Is Trail Races – 50, 26.2 or 13.1 mile trail run/walk
28	Tacoma	Tacoma City Marathon and Half – 26.2 or 13.1 mile run/walk
28	Bellevue	All In For Autism – 3.1 mile run/walk
MAY		
4	Seattle	May the Course Be With You 5k – 3.1 mile run/walk
4	Lakewood	Hunger Walk – 3.1 mile walk
4	Burlington	Tulip Run – 6.2 or 2 mile run/walk
4-5	Sequim	Sequim Irrigation Festival Runs – 13.1, 3.1 or 1 mile run/walk
4-5	Long Beach	Pacific Coast Running Festival – 13.1, 6.2 or 3.1 mile run/walk and kids run
5	Kirkland	Mother's Day Half Marathon & 5k – 13.1 or 3.1 mile run/walk and kids race
5	Snohomish	Snohomish Women's Run – 13.1, 6.2 or 3.1 mile run/walk
5	Spokane	Bloomsday Run – 7.46 mile run/walk
5	Puyallup	Cinco de Mayo 5k – 3.1 mile run/walk
11	Friday Harbor	San Juan Island Half – 13.1 mile run and kids race
11	Mukilteo	Inspiring Hope Run – 6.2 or 3.1 mile run/walk
11	Lakewood	Mother's Day 5k – 3.1 mile run/walk and kids run
11	Burlington	Skagit Spring Classic – 100, 65, 45 or 25 mile bike ride
11	Auburn	Battlefield Addiction Run for Recovery – 3.1 mile run/walk
12	Maple Valley	Cedar River Tri – 3.7 mile run, 10 mile bike, .25 mile swim
18	Seattle	Free Them 5k – 3.1 mile run/walk and kids dash
18	Spokane	Mermaid Run Spokane – 10, 6.2 or 3.1 mile run/walk
18	Poulsbo	Viking Fest Road Race – 5 or 1 mile run/walk and kids dash
18	Seattle	Running From Gluten – 6.2 or 3.1 mile run/walk
18	Sammamish	Soaring Eagle Trail Run – 13.1, 6.2 or 3.1 mile trail run/walk
18-19	Olympia	Capital City Marathon – 26.2, 13.1 or 5 mile run/walk
19	Ellensburg/ Yakima	Your Canyon for a Day Ride – 35 mile bike ride
19	Seattle	Beat the Bridge – 4.97, 3 or 1 mile run/walk
19	Spokane	Windermere Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
19	Port Townsend	Rhody Run – 6.2 or 3.1 mile run/walk and kids run
25	Leavenworth	Leavenworth Trail Fest – 34.2, 16.8 or 3.1 mile trail run/walk
26	Bellingham	Ski to Sea – 78.5 mile relay (ski, run, bike, canoe, kayak)
JUNE		
1	Maple Valley	Lake Wilderness Run and Triathlon – 13.1, 6.2 or 3.1 mile run/walk and triathlon
1	Carbonado- Ruston	Rainier to Ruston Relay – 50 mile relay or solo run/walk
1	Gig Harbor	US Bank Family Fun Run – 3.1 mile run/walk and kids dash
1	Port Angeles	NODM Olympic Med. Ctr. 5k/10k – 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. **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.