



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
JULY		
14	Seattle	SummeRun & Walk for Ovarian Cancer – 3.1 mile run/walk
14	Seattle	Sundae Runday – 6.2, 3.1 or 2 mile run/walk and kids dash
14	Westport	Run Like the Wind – 13.1, 6.2 or 3.1 mile run/walk
19-20	Ashford	Mt Rainier Half Marathon & 5k – 13.1 or 3.1 mile run/walk
20	Bellingham	Tour de Whatcom – 100, 62, 44 or 22 mile bike ride
20	Spokane	SpoKenya Run/Walk 7k – 4.3 mile run/walk
20	West Seattle	Float Dodger 5k – 3.1 mile run/walk and kids dash
20	Olympia	Olympia Lakefair Races – 13.1, 4.9 or 1.8 mile run/walk
20	Hoquiam	Why-Not-Chee – Varies: 25-80 mile gravel mountain bike ride
20	Tacoma	Owl Together Now – 3 or 1 mile evening run/walk
21	Seattle	Seafair Triathlon – Sprint Triathlons, Relays and Duathlon
21	Buckley-Orting	B&O Half Marathon and 10k – 13.1 or 6.2 mile trail run/walk
27	University Pl.	Twisted Cider 5k – 3.1 mile run/walk and kids run
27	Redmond	Raise the Bar 5k – 3.1 mile run/walk
27-28	North Bend	Jack & Jill's Downhill Marathon – 26.2 or 13.1 mile trail run
31	Spokane	Rams Twilight Trail Run – 3.1 mile trail run/walk

AUGUST

3	Bothell	Capes for Courage 5k – 3.1 mile run/walk
3	Monroe	Lake Tye Triathlon – Duathlon, Aquabike Sprint or Olympic
3	Sequim	Tour de Lavender – 64 or 34 mile bike ride
3	Gig Harbor	Galloping Gertie Half Marathon, 10k & 5k – 13.1, 6.2 or 3.1 mile run/walk
3-4	Cougar	Volcanic 50k – 31 mile or 15.5 endurance trail run/walk
4	Puyallup	Bubble Run (standard registration) – 3.1 mile run/walk
4	Port Angeles	Ride the Hurricane – 39.9 mile bike ride
6	Seattle	Interlaken Ice Cream Dash – 6.2 or 3.1 mile trail run/walk
10	Bellingham	Larrabee Lakes – 31, 15.5 or 7.4 mile run/walk
10	Coupeville	Race the Reserve Whidbey Island – 13.1, 6.2 or 3.1 mile run/walk
10	Bellevue	Cougar Mtn. Trail Run – 26.2, 14.5 or 3.1 mile run/walk
10	Tacoma	Tacoma Narrows Half Marathon & 5k – 13.1 or 3.1 mile run/walk
11	Seattle	Lake Union 10k – 6.2 mile run/walk
11	North Bend	Tunnel Vision Marathon & Half – 26.2 or 13.1 mile run/walk
11	Vancouver	Girlfriends Triathlon & Fitness Festival – Multi-sport triathlon, duathlon or 3.1 mile run/walk
17	Coupeville	Tour de Whidbey – 162, 100, 66, 50, 33 or 10 mile bike ride
17	Ocean Shores	Run S'More 5k – 3.1 mile beach run/walk
17	Kent	Lake Meridian Triathlon – Olympic, Sprint or Super Sprint triathlon and relays
17-18	Black Diamond	Tough Mudder – 9.3, 6.2 or 3.1 mile run/walk
18	Seattle	Emerald City 5k – 3.1 mile run/walk
24	Tacoma	Parkland Pace or Race – 3.1 mile run/walk
24	Mukilteo	Run-a-Muk 5k/10k – 6.2 or 3.1 mile run/walk
24	West Seattle	Alki Beach Sunset Run – 3.1 mile run/walk
25	North Bend	Iron Horse Half Marathon – 13.1 mile trail run/walk
31	Seattle	Summer Spirit Run – Duathlon, 9.3, 6.2 or 3.1 mile run/walk

SEPTEMBER

2	Redmond	Redmond Harvest Half Marathon – 13.1 mile run/walk
7	Kent	Maverick Adidas Terrex Original – 14, 6.8 or 4 mile run
7	Auburn	Pacific Runderland – 3.1 mile run/walk and kids run
7	Carnation	Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk
7	Lake Stevens	Lake Stevens Triathlon – Olympic or Sprint triathlon and Sprint or Olympic Para Athlete
7	Redmond	HERO House NW Fun Run – 6.2 or 3.1 mile run/walk
7	Bellingham	Chuckanut Classic – 100, 62, 43, 25 or 10 mile bike ride
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.