



**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



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

Date	City	Event Name and Description
AUGUST		
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	Oak Harbor	Rock and Roll Stroll – 3.1 mile 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
7	Lakewood	Lakewood Half Marathon, 5k – 13.1 or 3.1 mile run/walk
7	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run/walk
8	North Bend	Tunnel Light Marathon – 26.2 mile run
8	Spokane	Mt. Spokane Trail Run – 15.5, 6.2 or 3.1 mile run/walk
8	Woodinville	Wine Ride – 20 mile bike ride
8	Gig Harbor	Race for a Soldier – 7.5 or 3.1 mile run/walk
14	Spokane	March for the Fallen – 9.3, 6.2 or 3.1 mile run/walk
14	Vashon Island	Passport 2 Pain – 80, 58, 33 or 12 mile bike ride
14-15	Seattle	Orca Half Marathon & 8-Miler – 13 or 7.9 mile run
14-15	Snohomish	Spartan Races – 13, 6.2 or 3.1 mile obstacle course BRRC Sundae Sunday 10-Miler – 10 mile run
15	Spokane	Quilcene Oyster Races – 13.1, 6.2 or 3.1 mile run walk
15	Quilcene	Mud Mountain Dam Half & 5k – 13.1 or 3.1 mile run/walk
21	Black Diamond	Be the Hope XOXO Walk – 1.8 mile walk
21	Maple Valley	Anacortes Half Marathon & 5k – 13.1 or 3.1 mile run/walk
21	Anacortes	Run the Dam – 13.1, 6.2 or 3.1 mile run walk
21	Grand Coulee	Get Your Rear in Gear – 3.1 mile run/walk
21	Redmond	Ironman 70.3 WA – 13.1 mile run, 56 mile bike, 1.2 mile swim
22	Richland	The Retro Run – 4.97, 3.1 or 2 mile run/walk and kids dash
22	Redmond	Bellingham Bay Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
22	Bellingham	Skagit Bigfoot Fest – 3.1 mile run/walk
28	Mount Vernon	Run or Wine 5k Series – 13.1, 6.2 or 3.1 mile run/walk
28	Woodinville	Walk to End Alzheimers – 1.7 mile walk
28	Seattle	Fidalgo Trail Run – 26.2, 13.1 or 5 mile trail run/walk
28	Anacortes	Puyallup Valley Half & 10k – 13.1 or 6.2 mile run/walk
28	Puyallup	The Big Hurt – Multi-sport: mountain bike, kayak, road bike and 6.2 mile trail run
28	Port Angeles	Komen More Than Pink Walk – Varies, 2.5 mile walk
28	Seattle	Base 2 Space – 832 steps stair climb
29	Seattle	

OCTOBER

5	Leavenworth	Leavenworth Marathon – 26.2 or 13.1 mile run/walk
5	Poulsbo	Poulsbo Half & 10k – 13.1 or 6.2 mile run/walk
6	University Pl	Pink Ribbon Army 5k, 1k – 3.1 mile run/walk and kids run
6	Shelton	Shuck N Share 5k Run – 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.