

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

COTOBER Seattle Dawg Dash – 6.2 or 3.1 mile run/walk and kids run Girlfriends Run – 13.1, 6.2 or 3.7 mile run/walk Spokane The Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk and marathon relay Snohomish River Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk and marathon relay North Marathon – 13.1, 6.2 or 3.1 mile run/walk and marathon relay Firkinand Lake Washington Half Marathon – 13.1 mile run/walk Port Angeles Spruce Railroad Run – 6.2 or 3.1 mile trail run/walk Spokane Where's Bigfoot 5k – 3.1 mile run/walk and kids run Compar Mountain Trail Run – 6.2 or 3.1 mile run/walk Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile run/walk Redmond Kids run Redmond Captain Jack's Treasure Run – 7.5, 4.97 or 3.1 mile run/walk Run/walk Run Scarde – 6.2, 3.1 or 2 mile run/walk and kids dash Trick or Treat 5k – 3.1 mile run/walk and kids dash Trick or Treat 5k – 3.1 mile run/walk NOVEMBER Kent In Unity We Run – 26.2 or 13.1 mile run/walk Spokane Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile run/walk Turkey Trot Woodinville 5k – 3.1 mile run/walk Spokane Grand Ridge Trail Runs – 31.1, 26.2, 13.1 or 5 mile run/walk Turkey Trot Woodinville 5k – 3.1 mile run/walk and kids run Cheney Turkey Trot – 2 or 3 mile run/walk and kids run Gobble Gobble 5k & 10k – 6.2 or 3.1 mile run/walk and kids run Gobble Gobble 5k & 10k – 6.2 or 3.1 mile run/walk Spokane Huffiri For The Stuffiri – 6.2 or 3.1 mile run/walk Seattle Supar Hero For The Stuffiri – 6.2 or 3.1 mile run/walk Walter Husker – 6.2 or 3.1 mile run/walk Seattle Turkey Trot – 3.1 mile run/walk Huffiri For The Stuffiri – 6.2 or 3.1 mile run/walk Run or Wile 5k – 3.1 mile run/walk Run or Wile 5k – 3.1 mile run/walk Run or Wile 5k – 3.1 mile run/walk	Date	City	Event Name and Description	
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Spokane			Dawg Dash – 6.2 or 3.1 mile run/walk and kids run	
The Spokane Marathon – 26.2, 13.1 or 6.2 mile run/walk and marathon relay. Snohomish Snohomish River Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk Spokane Wild Moose Chase – 15.5, 6.2 or 3.1 mile trail run/walk Lake Washington Half Marathon – 13.1 mile run/walk Lake Washington Half Marathon – 13.1 mile run/walk Spruce Raliroad Run – 6.2 or 3.1 mile trail run/walk Where's Bigfoot 5k – 3.1 mile run/walk run/walk I Can and I Will Run! – 6.2 or 3.1 mile run/walk and kids run Sekani Trail Run – 6.2, 3.1 or 1 mile trail run/walk Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk Wicked Fast Halloween Run – 6.2 or 3.1 mile run/walk and kids run Wicked Fast Halloween Run – 6.2 or 3.1 mile run/walk and kids run Cougar Mountain Trail Run – 3.1, 1, 19.5, 7.6 or 3.1 mile trail run/walk Trail Run – 3.1 or 1 mile run/walk Run Kids run Cougar Mountain Trail Run – 3.1 or 1 mile run/walk Run Kids run Cougar Mountain Trail Run – 3.1, 1, 19.5, 7.6 or 3.1 mile run/walk Run Kids run Cougar Mountain Trail Run – 3.1 or 2 mile run/walk Run Kids run Kids run Kids run Kids run Kids Run Kids Kids Run Kids R	13	Vancouver		
marathon relay Snohomish Snohomish River Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk Spokane Wild Moose Chase – 15.5, 6.2 or 3.1 mile trail run/walk Lake Washington Half Marathon – 13.1 mile run/walk Where's Bigfoot 5k – 3.1 mile run/walk Spruce Railroad Run – 6.2 or 3.1 mile trail run/walk Where's Bigfoot 5k – 3.1 mile run/walk Coughand Where's Bigfoot 5k – 3.1 mile run/walk Lake Washington Half Marathon – 13.1 mile run/walk Where's Bigfoot 5k – 3.1 mile run/walk Lake Washington Half Marathon – 6.2 or 3.1 mile run/walk Where's Bigfoot 5k – 3.1 mile run/walk Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk More Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk Aids run Redmond Captain Jack's Treasure Run – 6.2 or 3.1 mile run/walk and kids run Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile run/walk Puyallup Haunted Hustle – 6.2 or 3.1 mile run/walk Run Scared – 6.2, 3.1 or 2 mile run/walk and kids dash Trick or Treat 5k – 3.1 mile run/walk NOVEMBER Kent In Unity We Run – 26.2 or 13.1 mile run/walk Seattle Tacky Turkey Sweater 5k – 3.1 mile run/walk Woodinville Turkey Trot Woodinville 5k – 3.1 mile run/walk and kids run Captain Jack's Treasure Run – 7.5, 1.1 mile run/walk Maple Valley Gobble Gobble 5k & 10k – 6.2 or 3.1 mile run/walk and kids run Maple Valley Turkey Trot – 3.1 mile run/walk and kids run Maple Valley Turkey Trot – 3.1 mile run/walk Isaaquah Isaaquah Isaaquah Turkey Trot – 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk	13	Spokane		
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19 Kirkland Lake Washington Half Marathon – 13.1 mile run/walk 20 Redmond Where's Bigfoot 5k – 3.1 mile run/walk 20 Seattle I Can and I Will Run! – 6.2 or 3.1 mile run/walk 20 Spokane Sekani Trail Run – 6.2, 3.1 or 1 mile run/walk and kids run 26 Wenatchee Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk 26 Wenatchee Monster Dash 5k and Little Goblin 1 Mile – 3.1 or 1 mile run/walk 32 Wicked Fast Halloween Run – 6.2 or 3.1 mile run/walk and kids run 27 Bellevue Cougar Mountain Trail Run – 31.1, 19.5, 7.6 or 3.1 mile run/walk 27 Redmond Captain Jack's Treasure Run – 7.5, 4.97 or 3.1 mile run/walk 27 Puyallup Haunted Hustle – 6.2 or 3.1 mile run/walk 28 Run Scared – 6.2, 3.1 or 2 mile run/walk 32 Seattle Run Scared – 6.2, 3.1 or 2 mile run/walk 34 Seattle Run Scared – 6.2, 3.1 or 2 mile run/walk 34 Seattle Super Hero 5k – 3.1 mile run/walk 35 Spokane Cheney Turkey Trot Woodinville 5k – 3.1 mile run/walk 36 Gig Harbor 36 Gig Harbor 31 Turkey Trot – 3.1 mile run/walk 36 Gig Harbor 32 Gig Harbor 31 Turkey Trot – 3.1 mile run/walk 38 Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk 38 Spokane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk 39 Seattle HiSk Thanksgiving Day Apple Cup 5k – 3.1 mile run/walk 39 Robane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk 39 Robane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk 39 Robane Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk 30 Seattle Seattle HiSk Thanksgiving Day Apple Cup 5k – 3.1 mile run/walk 31 Run 4 Ruburn Turkey Day 4 Miler – 4 mile run/walk 31 Run 4 Ruburn Hurkey Trot – 3.1 mile run/walk 31 Run 4 Ruburn Turkey Day 4 Miler – 4 mile run/walk 31 Run 4 Ruburn Hurkey Day 1 Turkey Trot – 6.2 or 3.1 mile run/walk 31 Run 4 Ruburn Hurkey Day 1 Rubur	13	Snohomish	Snohomish River Run – 26.2, 13.1, 6.2 or 3.1 mile run/walk	
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The Electric Cookie Run - 5.6 or 2.8 mile run/walk

Anacortes Santa Run – 3.1 mile run/walk

MORE TO COME!

Seattle

Anacortes

7

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.**
- Request reimbursement at least one week prior to the event. Log in to your secure account at <u>www.soundhealthwellness.com</u> and submit a reimbursement request. From the Sound Support menu, select LiveWell Fit, then from the options page, select and compete 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.