



# 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](http://www.SoundHealthWellness.com)  
 Sound Support tab > LiveWell Fit

Date	City	Event Name and Description
<b>OCTOBER</b>		
13	Seattle	<b>Dawg Dash</b> – 6.2 or 3.1 mile run/walk and kids run
13	Vancouver	<b>Girlfriends Run</b> – 13.1, 6.2 or 3.7 mile run/walk
13	Spokane	<b>The Spokane Marathon</b> – 26.2, 13.1 or 6.2 mile run/walk and marathon relay
13	Snohomish	<b>Snohomish River Run</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
13	Spokane	<b>Wild Moose Chase</b> – 15.5, 6.2 or 3.1 mile trail run/walk
19	Kirkland	<b>Lake Washington Half Marathon</b> – 13.1 mile run/walk
19	Port Angeles	<b>Spruce Railroad Run</b> – 6.2 or 3.1 mile trail run/walk
20	Redmond	<b>Where's Bigfoot 5k</b> – 3.1 mile run/walk
20	Seattle	<b>I Can and I Will Run!</b> – 6.2 or 3.1 mile run/walk and kids run
20	Spokane	<b>Sekani Trail Run</b> – 6.2, 3.1 or 1 mile trail run/walk
26	Wenatchee	<b>Monster Dash 5k and Little Goblin 1 Mile</b> – 3.1 or 1 mile run/walk
26	Tacoma	<b>Wicked Fast Halloween Run</b> – 6.2 or 3.1 mile run/walk and kids run
27	Bellevue	<b>Cougar Mountain Trail Run</b> – 31.1, 19.5, 7.6 or 3.1 mile trail run/walk
27	Redmond	<b>Captain Jack's Treasure Run</b> – 7.5, 4.97 or 3.1 mile run/walk
27	Puyallup	<b>Haunted Hustle</b> – 6.2 or 3.1 mile run/walk
27	Seattle	<b>Run Scared</b> – 6.2, 3.1 or 2 mile run/walk and kids dash
27	Seattle	<b>Trick or Treat 5k</b> – 3.1 mile run/walk
<b>NOVEMBER</b>		
2	Kent	<b>In Unity We Run</b> – 26.2 or 13.1 mile run/walk
9	Issaquah	<b>Grand Ridge Trail Runs</b> – 31.1, 26.2, 13.1 or 5 mile run/walk
16	Seattle	<b>Tacky Turkey Sweater 5k</b> – 3.1 mile run/walk
24	Seattle	<b>Super Hero 5k</b> – 3.1 mile run/walk
28	Woodinville	<b>Turkey Trot Woodinville 5k</b> – 3.1 mile run/walk and kids run
28	Spokane	<b>Cheney Turkey Trot</b> – 2 or 3 mile run/walk
28	Tacoma	<b>Tacoma City Turkey Trot</b> – 3.1 mile run/walk and kids run
28	Puyallup	<b>Gobble Gobble 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk and kids run
28	Maple Valley	<b>Maple Valley Turkey Trot</b> – 3.1 mile run/walk
28	Gig Harbor	<b>Gig Harbor 5k Turkey Trot</b> – 3.1 mile run/walk
28	Auburn	<b>Auburn Turkey Trot</b> – 3.1 mile run/walk
28	Issaquah	<b>Issaquah Turkey Trot</b> – 3.1 mile run/walk
28	Spokane	<b>Huffin' For The Stuffin'</b> – 6.2 or 3.1 mile run/walk
28	Seattle	<b>Hi5K Thanksgiving Day Apple Cup 5k</b> – 3.1 mile run/walk
28	Seattle	<b>Turkey Day Trot</b> – 9.3, 6.2, or 3.1 mile run/walk and kids run
28	Silverdale	<b>Silverdale Rotary Turkey Trot</b> – 6.2, 3.1 or 1 mile run/walk and kids dash
28	Mukilteo	<b>Mukilteo Turkey Trot</b> – 6.2 or 3.1 mile run/walk
28	Olympia	<b>Oly Turkey Day 4 Miler</b> – 4 mile run/walk
28	Bainbridge Is.	<b>Helpline House Turkey Trot</b> – 3.1 or 1 mile run/walk and kids run
29	Seattle	<b>Seattle Kids Marathon</b> – 1.2 mile run/walk
30	Seattle	<b>Gobble Wobble Turkey Trot</b> – 13.1, 6.2, 3.1 or 1 mile run/walk
<b>DECEMBER</b>		
1	Seattle	<b>Seattle Marathon and Half Marathon</b> – 26.2 or 13.1 mile run/walk
7	Woodinville	<b>Run or Wine 5k</b> – 3.1 mile run/walk
7	Sequim	<b>Jamestown Glow Run</b> – 6.2 or 3.1 mile night run/walk
7	Seattle	<b>The Electric Cookie Run</b> – 5.6 or 2.8 mile run/walk
7	Anacortes	<b>Anacortes Santa Run</b> – 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](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(\*) (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.