



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



Beat the Blerch event in Carnation, WA.
Race participants run for cake!

Date	City	Event Name and Description
NOVEMBER		
28	Woodinville	Turkey Trot Woodinville 5k – 3.1 mile run/walk and kids run
28	Spokane	Cheney Turkey Trot – 2 or 3 mile run/walk
28	Tacoma	Tacoma City Turkey Trot – 3.1 mile run/walk and kids run
28	Puyallup	Gobble Gobble 5k & 10k – 6.2 or 3.1 mile run/walk
28	Maple Valley	Maple Valley Turkey Trot – 3.1 mile run/walk
28	Gig Harbor	Gig Harbor 5k Turkey Trot – 3.1 mile run/walk
28	Auburn	Auburn Turkey Trot – 3.1 mile run/walk
28	Issaquah	Issaquah Turkey Trot – 3.1 mile run/walk
28	Spokane	Huffin' For The Stuffin' – 6.2 or 3.1 mile run/walk
28	Seattle	Hi5k Thanksgiving Day Apple Cup 5k – 3.1 mile run/walk
28	Silverdale	Silverdale Rotary Turkey Trot – 6.2, 3.1 or 1 mile run/walk and kids dash
28	Mukilteo	Mukilteo Turkey Trot – 6.2 or 3.1 mile run/walk
28	Olympia	Oly Turkey Day 4 Miler – 4 mile run/walk
28	Bainbridge Is.	Helpline House Turkey Trot – 3.1 or 1 mile run/walk and kids run
28	Tacoma	Norpoint Classic 2 mile and 5k – 3.1 or 2 mile run/walk
28	Seattle	Turkey Day Trot – 9.3, 6.2 or 3.1 mile run/walk and kids run
29	Seattle	Seattle Kids Marathon – 1.2 mile run/walk
30	Seattle	Gobble Wobble Turkey Trot – 13.1, 6.2, 3.1 or 1 mile run/walk
DECEMBER		
1	Seattle	Seattle Marathon and Half Marathon – 26.2 or 13.1 mile run/walk
7	Woodinville	Run or Wine 5k – 3.1 mile run/walk
7	Sequim	Jamestown Glow Run – 6.2 or 3.1 mile run/walk
7	Seattle	The Electric Cookie Run – 5.6 or 2.8 mile run/walk
7	Anacortes	Anacortes Santa Run – 3.1 mile run/walk
7	Woodinville	Celebrate Woodinville Winterfest 5k – 3.1 mile run/walk
7	Bellingham	Fairhaven Frosty – 6.2 or 3.1 mile run/walk
8	Seattle	Jingle Bell Run Seattle – 7.4, 3.1 or 1 mile run/walk
8	Puyallup	Holiday Grinch 5k – 3.1 mile run/walk
14	Bellingham	Jingle Bell Run Bellingham – 3.1 or 1 mile run/walk
14	Tacoma	Santa Runs Tacoma 5k & 10k – 13.1, 6.2 or 3.1 mile run/walk
14	Orting	Reindeer Run – 3.1 mile run/walk
14	Maple Valley	Pigtails Run – 31, 26.2 or 13.1 mile run/walk
14	Redmond	Beat the Bear the Santa Bear 10k – 6.2 or 3.1 mile run/walk and kids run
15	Snohomish	Chase the Grinch Outta Snohomish – 3.1 mile run/walk
15	Kirkland	12ks of Christmas – 7.5 or 3.1 mile run/walk
15	Seattle	Go Swifty 5k – 3.1 mile run/walk
15	Kent	Christmas Rush Fun Run/Walk – 6.2 or 3.1 mile run/walk
22	Seattle	Sleigh That 5k – 3.1 mile run/walk
28	Spokane	Spokane Luau Run – 13.1, 9.3, 6.2, 3.1 or 1 mile run/walk
29	Kenmore	Absolution Run – 8 or 4 mile trail run/walk
JANUARY		
1	Auburn	New Year's Day 5k & 8 k – 4.97 or 3.1 mile run/walk
1	Seattle	Resolution Run 5k & Polar Bear Dive – 3.1 mile run/walk and kids dash
4	Yakima	Yakima Pirate Run – 13.1, 9.3, 6.2, 3.1 or 1 mile run/walk
5	Bellingham	Lake Samish Runs – 13.1 or 6.5 mile run/walk
11	Quincy	Data Center Half Marathon – 13.1 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.