



## 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



Date	City	Event Name and Description
<b>DECEMBER</b>		
7	Woodinville	Run or Wine 5k – 3.1 mile run/walk
7	Sequim	Jamestown Glow Run – 6.2 or 3.1 mile night 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 walk/run
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 – 13.1, 6.2 or 3.1 mile run/walk
14	Orting	Reindeer Run 5k – 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	Luau 1M, 5k, 10k, 15k & Half Marathon – 13.1, 9.3, 6.2, 3.1 or 1 mile run/walk
29	Kenmore	Absolution Run – 8 or 4 mile trail run/walk
<b>JANUARY</b>		
1	Auburn	New Year's Day 5k & 8k – 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	Pirate 1M, 5k, 10k, 15k & Half Marathon – 13.1, 9.3, 6.2, 3.1 or 1 mile run/walk
4	Lakewood	Ft. Steilacoom Resolution Runs: 5k & 10k – 6.2 or 3.1 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
18	West Seattle	Coffee Lovers Run – 13.1, 6.2, 3.1 or 1 mile run/walk
18	West Seattle	MLK Jr Freedom Run – 13.1, 6.2, 3.1 or 1 mile run/walk
18	Sammamish	Frost Eagle Trail Run – 13.1 or 5 mile trail run/walk
18	Puyallup	No Sun Fun Run – 3.1 mile run/walk
19	Seattle	Unicorns & Rainbows Fun Run – 3.1 mile run/walk
25	Tukwila	Tukwila to Alki Half Marathon – 13.1 mile run/walk
26	Seattle	Run Forest Run 5k – 3.1 mile run/walk and kids dash
<b>FEBRUARY</b>		
1	Seattle	Interlaken Icicle Dash – 6.2 or 3.1 mile trail run/walk
1	Bellingham	Whatcom Falls 5k – 3.1 mile run/walk
1	Lakewood	Ft. Steilacoom Resolution Runs: 5k, 10k & 15k – 9.3, 6.2 or 3.1 mile run/walk
9	Seattle	Hi5k Seattle Super 5k – 3.1 mile run/walk
9	Seattle	My Better Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
15	Whidbey Is.	Fort Ebey Kettles Trail Run – 26.2, 13.1, 6.2 or 3.1 mile trail run/walk
15	Seattle	Galentine's 5k – 3.1 mile run/walk
15	Sedro-Woolley	Woolley Trail Runs – 31.1, 26.2 or 13.1 mile trail run/walk
15	Montesano	Run Forest Run – 31.1 or 15.5 mile trail run/walk
22	Snohomish	Lord Hill Trail Run – 31, 20, 10 or 3.1 mile trail run/walk
22	Olympia	ROAD-odend-Run – 6 mile relay run/walk and kids run
23	Woodinville	Run or Wine 5k or 10k – 6.2 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](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.