



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



Enjoy Winter Fun Runs

Date	City	Event Name and Description
JANUARY		
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
12	Seattle	Unicorns & Rainbows Fun Run – 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
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
FEBRUARY		
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
1	Puyallup	Bridging the Gap Half Marathon & 10k – 13.1 or 6.2 mile run/walk
8	Spokane	Partners in Pain – 3.1 mile run/walk
9	Seattle	Hi5k Super Seattle 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	Seattle	Better Together Run – 9.3, 6.2 or 3.1 mile run/walk and kids run
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
23	Bainbridge Is.	Chilly Hilly – 33 mile bike ride
MARCH		
1	Lakewood	Ft. Steilacoom Resolution Runs: 30k, 15k or 5k – 18.6, 9.3 or 3.1 mile run/walk
1	Pullman	Snake River Canyon Half Marathon – 13.1 mile run/walk
2	Seattle	Hot Chocolate Run – 9.3, 6.2 or 3.1 mile run/walk
2	Bellingham	Padden Mudfest – 6.2 or 3.1 mile trail run/walk
8	Redmond	Lake Sammamish Half Marathon – 13.1 mile run/walk
8	Sequim	Sun Fun Color Run – 3.1 or .6 mile run/walk
9	Issaquah	RUFA Tiger Mountain – 8.3+ mile trail run/walk
15	Woodinville	Woodinville Leprechaun Leap – 6.2 or 3.1 mile run/walk and kids run
15	Tacoma	St. Paddy's Day Run Tacoma – 13.1, 6.2 or 3.1 mile run/walk
15	Bellingham	Runnin' O' the Green – 4.97 or 3.1 mile run/walk
15	Gig Harbor	Shamrock'n the Harbor 5k & 12k – 7.5 or 3.1 mile run/walk
15	Kirkland	Kirkland Shamrock Run – 3.1 mile run/walk and kids run
15	Kent	Run the Green – 13.1 or 6.2 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.