



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.



Scan here to request event reimbursement.

- 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
AUGUST		
30	Oak Harbor	Rock and Roll Stroll – 3.1 mile run/walk
30	Bonney Lake	Bonney Lake Triathlon – Olympic, Sprint or Super Sprint
30	Seattle	Labor Day Run – 13.1, 6.2 or 3.1 mile run/ walk
SEPTEMBER		
1	Redmond	Redmond Harvest Half Marathon – 13.1 mile run/walk
6	Auburn	Pacific Runderland – 3.1 mile run/walk and kids run
6	Carnation	Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk
6	Manson	Chelanathon – Olympic, Sprint, Sprint relay and Splash-and-Dash
6	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run/walk
6	Lake Stevens	Lake Stevens Triathlon – Triathlon, Duathlon and Aquabike
6	Bellingham	Chuckanut Classic – 100, 62, 43, 25 or 10 mile bike ride
7	Renton	Rave the Green – 3.1 mile run/walk and kids run
7	Spokane	Mt. Spokane Trail Run – 15.5, 6.2 or 3.1 mile run/walk
7	Woodinville	Wine Ride – 20 mile bike ride
7	Kent	Maverick Adidas Terrex Original Kent – 14, 6.8 or 4 mile trail run/walk
7	Gig Harbor	Race for a Soldier – 7.5 or 3.1 mile run/walk
13	University PI	Bark by the Bay 5k – 3.1 mile run/walk
13	Kenmore	Flyaway 5k & 10k – 6.2 or 3.1 mile run/walk
13	Vashon Island	Passport 2 Pain – 80, 58, 33 or 12 mile bike/ride
13	Spokane	March for the Fallen – 9.3, 6.2 or 3.1 mile run/walk
13-14	Snohomish	Spartan Race Beast, Super or Sprint – 13.1, 6.2 or 3.1 mile obstacle course and kids run
14	North Bend	Tunnel Light Marathon – 26.2 mile run/walk
14	Spokane	BRRC Sundae Sunday 10-Miler – 10 mile run/walk
20	Anacortes	Anacortes Half Marathon & 5k – 13.1 or 3.1 mile run/walk
20	Grand Coulee	Run the Dam – 13.1, 6.2 or 3.1 mile run/walk
20	Redmond	Get Your Rear in Gear – 3.1 mile run/walk
20	Black Diamond	Mud Mountain Dam Half Marathon & 5k – 13.1 or 3.1 mile run/walk
20	Maple Valley	Be the Hope XOXO Walk – 1.8 mile walk
20-21	Seattle	Orca Half Marathon & 8-Miler – 13.1 or 8 mile run/walk
21	Richland	Iron man 70.3 Washington – 13.1 mile run, 56 mile bike ride and 1.2 mile swim
21	Redmond	The Retro Run – 4.97, 3.1 or 2 mile run/walk and kids run
21	Bellingham	Bellingham Bay Marathon – 26.2, 13.1, 6.2 and 3.1 mile run/walk
21	Seattle	Run of Hope – 3.1 or 1.8 mile run/walk and kids run
21	Quilcene	Quilcene Oyster Races – 13.1, 6.2 or 3.1 mile run/walk
27	Puyallup	Puyallup Valley Half Marathon, 10k & 5k – 13.1, 6.2 or 3.1 mile run/walk
27	Port Angeles	The Big Hurt – Multi-sport: mountain bike, road bike and 6.2 mile trail run/walk
27	Seattle	Dragonslayer Fantasy Dash and Strut – 3.1 mile run/walk
27	Seattle	Komen More Than Pink Walk – Varies: 2.5 mile walk is encouraged
27	Tacoma	Beat Beethoven 5k – 3.1 mile run/walk
27	Anacortes	Fidalgo Trail Run – 26.2, 13.1 or 5 mile trail run/walk
28	Seattle	Base 2 Space – 832 step stair climb
28	Woodinville	Run or Wine 5k Series – 6.2 or 3.1 mile run/walk
OCTOBER		
4	Seattle	Seattle Kraken 5k – 3.1 mile run/walk and kids dash
4	Burien	Burien Brat Trot – 3.1 mile run/walk
4	Seattle	Walk to End Alzheimer's – 1.7 mile 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.