



# 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
<b>SEPTEMBER</b>		
27	Seattle	<b>Komen More Than Pink Walk</b> – Varies, 2.5 mile walk is encouraged
27	Tacoma	<b>Beat Beethoven 5k</b> – 3.1 mile run/walk
27	Anacortes	<b>Fidalgo Trail Run</b> – 26.2, 13.1 or 5 mile trail run/walk
28	Seattle	<b>Base 2 Space</b> – 832 step stair climb
28	Woodinville	<b>Run or Wine 5k Series</b> – 6.2 or 3.1 mile run/walk
<b>OCTOBER</b>		
4	Seattle	<b>Seattle Kraken 5k</b> – 3.1 mile run/walk and kids run
4	Burien	<b>Burien Brat Trot</b> – 3.1 mile run/walk
4	Seattle	<b>Walk to End Alzheimer's</b> – 1.7 mile walk
4	Port Angeles	<b>Spruce Railroad Run/Walk</b> – 6.2 or 3.1 mile trail run/walk
4	Leavenworth	<b>Leavenworth Marathon</b> – 26.2 or 13.1 mile run/walk
5	Shelton	<b>Shuck N Share 5k</b> – 3.1 mile run/walk
5	Poulsbo	<b>Poulsbo Half &amp; 10k</b> – 13.1 or 6.2 mile run/walk
5	Auburn	<b>Baby Steps 5k</b> – 3.1 mile run/walk
5	Olympia	<b>Fall Frolic</b> – 5 or 3.1 mile run/walk and kids run
5	Spokane	<b>Sekani Trail Run</b> – 6.2, 3.1 or 1 mile trail run/walk
11	Tacoma	<b>Fall Classic</b> – 3.1 mile run/walk and kids run
11	Tacoma	<b>Defiance 50k, 30k &amp; 15k</b> – 31, 18.6 or 9.3 mile run/walk
11	Puyallup	<b>Zombie Run 5k</b> – 3.1 mile run/walk
11	Spokane	<b>Bridge to Brunch 5k</b> – 3.1 mile run/walk
11-12	North Bend	<b>North Bend Trail Fest</b> – 18.6 or 6.2 mile trail run/walk
12	University Pl.	<b>Pink Ribbon Army 5k</b> – 3.1 mile run/walk and kids run
12	Vancouver	<b>Girlfriends Run</b> – 13.1, 6.2 or 3.7 mile run/walk
12	Spokane	<b>The Spokane Marathon</b> – 26.2, 13.1 or 6.2 mile run/walk and marathon relay
12	Snohomish	<b>Snohomish River Run</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
12	Kingston	<b>Kitsap Color Classic</b> – 52, 33 or 25 mile bike ride
18	Issaquah	<b>Run with the Kokanee</b> – 6.2 or 3.1 mile run/walk
18	Seattle	<b>Run Against Breast Cancer</b> – 13.1, 6.2 or 3.1 mile run/walk
18	Kirkland	<b>Lake Washington Half Marathon</b> – 13.1 mile run/walk
18	Redmond	<b>Where's Bigfoot 5k</b> – 3.1 mile run/walk
19	Spokane	<b>Wild Moose Chase</b> – 15.5, 6.2 or 3.1 mile trail run/walk
19	Seattle	<b>I Can and I Will Run!</b> – 6.2 or 3.1 mile run/walk and kids run
25	Issaquah	<b>Monster Mash 5k</b> – 3.1 mile run/walk
25	West Seattle	<b>West Seattle Monster Dash 5k</b> – 3.1 mile run/walk
25	Bellevue	<b>Cougar Mountain Trail Run</b> – 31.1, 19.5, 7.6 or 3.1 mile trail run/walk
25	Seattle	<b>Trick or Treat 5k</b> – 3.1 mile run/walk
25	Tacoma	<b>Wicked Fast 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk and kids run
25	Spokane	<b>Haunted 5k, 10k &amp; Half Marathon at Liberty Park</b> – 13.1, 6.2 or 3.1 mile run/walk
26	Seattle	<b>Run Scared</b> – 6.2, 3.1 or 2 mile run/walk and kids run
26	Puyallup	<b>Haunted Hustle</b> – 6.2 or 3.1 mile run/walk
26	Redmond	<b>Captain Jack's Treasure Run</b> – 7.5, 4.97 or 3.1 mile run/walk
<b>NOVEMBER</b>		
1	Port Gamble	<b>Day of the Dead Scavenger Trail Run</b> – 7 mile scavenger trail run (ghost tour not included)
4	Kent	<b>In Unity We Run</b> – 26.2 or 13.1 mile run/walk
8	Issaquah	<b>Grand Ridge Trail Runs</b> – 31.1, 26.2, 13.1 or 5 mile run/walk
9	University Pl.	<b>Run The Bay</b> – 13.1, 6.2 or 3.1 mile run/walk
15	Mount Vernon	<b>Fowl Fun Run 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk
22	Spokane	<b>Pie Cobbler 5k, 10k &amp; Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk
<b>MORE TO COME!</b>		

## 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<sup>(\*)</sup> (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

<sup>(\*)</sup> 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.