



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
NOVEMBER		
27	Seattle	Turkey Day Trot – 9.3, 6.2 or 3.1 mile run/walk and kids run
27	Gig Harbor	Gig Harbor 5k Turkey Trot – 3.1 mile run/walk
27	Tacoma	Norpoint Classic 2 mile and 5k – 3.1 or 2 mile run/walk
27	Olympia	Oly Turkey Day 4 Miler – 4 mile run/walk
27	Auburn	Auburn Turkey Trot – 3.1 mile run/walk
27	Puyallup	Gobble Gobble 5k & 10k – 6.2 or 3.1 mile run/walk
27	Silverdale	Silverdale Rotary Turkey Trot – 6.2, 3.1 or 1 mile run/walk
27	Seattle	Montlake Turkey Trot – 3.1 or 1 mile run/walk and kids run
27	Seattle	Hi5K Thanksgiving Day Apple Cup 5k – 3.1 mile run/walk
27	Bainbridge Is.	Helpline House Turkey Trot – 3.1 or 1 mile run/walk
29	Seattle	Seattle Kids Marathon – 1.2 mile run/walk
30	Seattle	UW Medicine Seattle Marathon and Half Marathon – 26.2 or 13.1 mile run/walk
DECEMBER		
6	Everett	Medal Madness 5k, 10k & Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
6	Sequim	Jamestown Glow Run/walk – 6.2 or 3.1 mile night run/walk
6	Woodinville	Celebrate Woodinville Winterfest 5k – 3.1 mile run/walk
6	Seattle	The Electric Cookie Run – 5.6 or 2.8 mile run/walk
6	Anacortes	Anacortes Santa Run – 3.1 mile run/walk
6	Port Orchard	Santa Sleighs 5k – 3.1 mile run/walk and kids run
6	Woodinville	Run or Wine 5k – 3.1 mile run/walk
6	Everett	Holiday on the Bay 5k – 3.1 mile run/walk and kids run
7	Puyallup	Holiday Grinch 5k – 3.1 mile run/walk
13	Bellingham	Jingle Bell Run Bellingham – 3.1 or 1 mile run/walk
13	Tacoma	Santa Runs Tacoma – 13.1, 6.2 or 3.1 mile run/walk
13	Orting	Ugly Sweater 5k – 3.1 mile run/walk
13	Maple Valley	Pigtails Run – 31, 26.2 or 13.1 mile run/walk
13	Kent	Christmas Rush Fun Run/Walk – 6.2 or 3.1 mile run/walk
14	Kirkland	12ks of Christmas – 7.5 or 3.1 mile run/walk
14	Seattle	Jingle Bell Run Seattle – 7.4, 3.1 or 1 mile run/walk
20	Everett	Holiday 5k, 10k & Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
20	Seattle	Holiday Fun Run – 9.3, 6.2 or 3.1 mile run/walk and kids run
20	Seattle	Seward Solstice Run – 6.3 or 4.2 mile trail run/walk
20	Seattle	Sleigh that 5k – 3.1 mile run/walk
27	Spokane	Holiday 5k, 10k & Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
JANUARY		
1	Seattle	Resolution Run 5k & Polar Bear Dive – 3.1 mile run/walk and kids run
1	Auburn	New Year's Day 5k & 8k – 4.97 or 3.1 mile run/walk
3	Seattle	New Year, New Me Run – 13.1, 6.2 or 3.1 mile run/walk
3	Kenmore	Absolution Run – 8 or 4 mile trail run/walk
10	Olympia	New Year 5k, 10k & Half Marathon at Heritage Park – 13.1, 6.2 or 3.1 mile run/walk
11	Seattle	Unicorns & Rainbows Fun Run – 3.1 mile run/walk
17	West Seattle	MLK Jr Freedom Run – 13.1, 6.2 or 3.1 mile run/walk and 1 mile fun run
17	Sammamish	Frost Eagle Trail Run – 13.1 or 5 mile trail run/walk
18	Sumner	Coffee Lovers and Chocolate Lovers 5k & 10k – 6.2 or 3.1 mile run/walk and kids run
24	Spokane	Medal Madness 5k, 10k and Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
24	Seattle	Run Forest Run 5k – 3.1 mile run/walk and kids run
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.