



## 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>FEBRUARY</b>		
14	Tacoma	<b>Valentine's Day 5k and 10k</b> – 6.2 or 3.1 mile run/walk
14	West Seattle	<b>Valentines Live, Love, Run</b> – 13.1, 6.2 or 3.1 mile run/walk
14	Sedro-Woolley	<b>Woolley Trail Runs</b> – 31.1, 26.2 or 13.1 mile trail run/walk
14	Sedro-Woolley	<b>The 1<sup>st</sup> Song Sparrow Bridge 10k at Northern State</b> – 6.2 mile run/walk
21	Snohomish	<b>Lord Hill Trail Run</b> – 31, 20, 10 or 3.1 mile trail run/walk
21	Puyallup	<b>Onesie Run 5k</b> – 3.1 mile run/walk
21	Woodinville	<b>Run or Wine 5k or 10k</b> – 6.2 or 3.1 mile run/walk
21	Spokane	<b>Swag Run</b> – 3.1 mile run/walk
22	Bainbridge Is	<b>Chilly Hilly</b> – 33 mile bike ride
22	Olympia	<b>Geoduck Gallop</b> – 13.1 mile run/walk
28	Spokane	<b>Viking 5k, 10k and Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk
<b>MARCH</b>		
1	Seattle	<b>Hot Chocolate Run</b> – 9.3, 6.2 or 3.1 mile run/walk
1	Bellingham	<b>Padden Mudfest</b> – 6.2 or 3.1 mile trail run/walk
7	Lakewood	<b>Ft Steilacoom Resolution Runs: 30k, 15k, 5k</b> – 18.6, 9.3 or 3.1 mile run/walk
7	Pullman	<b>Snake River Canyon Half Marathon</b> – 13.1 mile run/walk
7	Redmond	<b>Lake Sammamish Half Marathon</b> – 13.1 mile run/walk
7	Sequim	<b>Sun Fun Color Run</b> – 3.1 or .6 mile color run/walk
8	Spokane	<b>St. Paddy's Five</b> – 5 mile run/walk
14	Bellingham	<b>Runnin' O' the Green</b> – 4.97 or 3.1 mile run/walk
14	West Seattle	<b>St. Paddy's Day Lucky Run</b> – 13.1, 6.2 or 3.1 mile run/walk
14	Kent	<b>Run the Green</b> – 13.1 or 6.2 mile run/walk
14	Kirkland	<b>Kirkland Shamrock Run</b> – 6.2 or 3.1 mile run/walk
14	Tacoma	<b>St. Paddy's Day Run Tacoma</b> – 13.1, 6.2 or 3.1 mile run/walk
14	Port Angeles	<b>Frosty Moss Relay</b> – 80 or 30 mile relay or 31 mile solo trail run/walk
14	Gig Harbor	<b>Shamrock'n the Harbor 5k &amp; 12k</b> – 7.5 or 3.1 mile run/walk
14	Poulsbo	<b>Poulsbo Beer Run</b> – 4.1 mile run/walk
15	Spokane	<b>Shamrock Shuffle</b> – 13.1, 6.2 or 3.1 mile run/walk
15	Olympia	<b>Donut Dash 5k</b> – 3.1 mile run/walk and kids run
15	Seattle	<b>St. Patrick's Day Dash</b> – 3.1 mile run/walk and kids run
21	Federal Way	<b>Dash Point Trail Run</b> – 13.1 or 6.2 mile trail run/walk
22	Seattle	<b>Big Climb Seattle</b> – 1 mile stair climb
22	Spokane	<b>Rapid Rabbit Run</b> – 5 or 3 mile run/walk
22	Vancouver	<b>Couve Clover Run</b> – 10, 7 or 3 mile run/walk and kids run
22	Ocean Shores	<b>Dugan's Run</b> – 3.1 mile run/walk and kids run
22	Olympia	<b>Evergreen 10k</b> – 6.2 mile run/walk
28	Everson	<b>Honeywagon Runs</b> – 13.1 mile or 4 mile run/walk
28	Seattle	<b>Dizzy Daze</b> – 3.2 mile run/walk
29	Everett	<b>Mill Town Half, 10k &amp; 5k</b> – 13.1, 6.2 or 3.1 mile run/walk
29	Redmond	<b>Redmond Marathon</b> – 26.2 or 13.1 mile run/walk
<b>APRIL</b>		
4	Seattle	<b>Always Hope Easter Run</b> – 13.1, 6.2 or 3.1 mile run/walk
11	Blaine	<b>Birch Bay Road Race</b> – 18.6, 9.3 or 3.1 mile run/walk
11	Port Angeles	<b>OAT Run</b> – 31, 13.1 or 7.5 mile trail run/walk
12	Spokane	<b>The Split</b> – 13.1, 6.2 or 3.1 mile run/walk and kids run
18	Wenatchee	<b>Wenatchee Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
18	Kennewick	<b>Run the River</b> – 26.2, 13.1 or 3.1 mile run/walk and relay
18	Bremerton	<b>Bremerton Marathon</b> – 26.2, 13.1 or 6.2 mile run/walk
18	Burlington	<b>Tulip Run</b> – 6.2, 3.1 or 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](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

Employees and their eligible covered spouses may earn HRA funding following the completion of an approved LiveWell Fit event in accordance with the program rules for 2026.

(\*) 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.