



**SOUND HEALTH  
& WELLNESS TRUST**

## 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

LiveWell 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>MARCH</b>		
22	Ocean Shores	Dugan's Run – 3.1 mile run/walk and kids run
22	Olympia	Evergreen 10k – 6.2 mile run/walk
28	Everson	Honeywagon Runs – 13.1 or 4 mile run/walk and kids run
28	Seattle	Leif to Leif 5k – 3.1 mile run/walk
28	Seattle	Dizzy Daze – 3.2 mile run/walk
29	Seattle	Miles for Mamas 5k – Event details go here
29	Everett	Mill Town Half, 10k & 5k – 13.1, 6.2 or 3.1 mile run/walk
29	Redmond	Redmond Marathon – 26.2 or 13.1 mile run/walk
29	Puyallup	Daffodil 8k – 4.97 mile run/walk
<b>APRIL</b>		
4	Seattle	Always Hope Easter Run – 13.1, 6.2 or 3.1 mile run/walk
4	Seattle	The Tenacious Ten – 10 or 6.2 mile run/walk and kids run
11	Blaine	Birch Bay Road Race – 18.6, 9.3 or 3.1 mile run/walk
11	Port Angeles	OAT Run – 31, 13.1 or 7.5 mile trail run/walk
12	Spokane	The Split – 13.1, 6.2 or 3.1 mile run/walk and kids run
18	Wenatchee	Wenatchee Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
18	Kennewick	Run the River – 26.2, 13.1 or 3.1 mile run/walk and relay
18	Bremerton	Bremerton Marathon – 26.2, 13.1 or 6.2 mile run/walk
18	Burlington	Skagit Valley Tulip Run – 6.2, 3.1 or 2 mile run/walk
18	Seattle	I Love the 90's 5k – 3.1 mile run/walk and kids run
18	Seattle	Cherry Blossom Run – 13.1, 6.2 or 3.1 mile run/walk
18	Seattle	Earth Day Run – 13.1, 9.3, 6.2 or 3.1 mile run/walk
18	Issaquah	Squak Mountain Trail Run – 31, 13.1 or 7.5 mile run/walk
19	Spokane	Spokane River Run – 31, 15.5, 6.2 or 3.1 mile run/walk
19	Olympia	Run Like A Fool 5k – 3.1 mile run/walk and free kids run
24-26	Orcas Island	Orcas Island Trail Races – 50, 26.2 or 13.1 mile trail run/walk
25	Winthrop	Sunflower Trail Marathon – 26.8 or 13.1 mile trail run/walk or relay
25	Wenatchee	Wenatchee Valley Color Rush – 3.1 mile run/walk
25	West Seattle	Coffee Lovers Run – 13.1, 6.2 or 3.1 mile run/walk
25	Sequim	Railroad Bridge Park Run/Walk – 6.2 or 3.1 mile trail run/walk
25	Seattle	PanCAN PurpleStride Puget Sound – 3 mile run/walk
25	Everett	Project Girl Take Up Space 5k – 3.1 mile run/walk
25	Seattle	Top Pot Doughnut Dash – 3.1 mile run/walk and kids run
25	Everett	Walk MS – 3 or 1 mile walk
26	Oak Harbor	Whidbey Island Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
26	Bellevue	All In For Autism – 3.1 mile run/walk
26	Seattle	Walk MS – 3 or 1 mile walk
<b>MAY</b>		
2	Wenatchee	Apple Blossom Run – 6.2 or 3.1 mile run/walk and kids run
2	Kingston	Gamble Graveler – 60, 40 or 20 mile bike ride
2	Lakewood	Hunger Walk – 3.3 mile walk
2	Tacoma	Ghost of TCM, Half Marathon 10k & 5k – 26.2, 13.1, 6.2 or 3.1 mile run/walk
2	Seattle	May The Course Be With You 5k – 3.1 mile run/walk
2-3	Snohomish	Spartan Sprint or Super Races – 6.2 or 3.1 mile obstacle course and kids race
3	Tacoma	TCM, Half Marathon and Marathon Relay – 26.2 or 13.1 mile run/walk and relay
3	Kirkland	Mother's Day Half Marathon & 5k – 13.1 or 3.1 mile run/walk and kids run
3	Everett	Bursting Bubble 5k Walk & Run – 3.1 mile run/walk
3	Spokane	Bloomsday Run – 7.46 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](https://www.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](https://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.

<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.