



# 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>APRIL</b>		
26	Oak Harbor	<b>Whidbey Island Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk and kids run
26	Bellevue	<b>All In For Autism</b> – 3.1 mile run/walk
26	Seattle	<b>Walk MS</b> – 3 or 1 mile walk
<b>MAY</b>		
2	Wenatchee	<b>Apple Blossom Run</b> – 6.2 or 3.1 mile run/walk
2	Kingston	<b>Gamble Graveler</b> – 60, 40 or 20 mile bike ride
2	Lakewood	<b>Hunger Walk</b> – 3.3 mile walk
2	Seattle	<b>May the Course be with You 5k</b> – 3.1 mile run/walk
2-3	Snohomish	<b>Spartan Sprint or Super Races</b> – 6.2 or 3.1 mile obstacle course and kids race
2-3	Tacoma	<b>Tacoma City Marathon, Marathon Relay, Half Marathon, 10k &amp; 5k</b> – 26.2, 13.1, 6.2, 3.1 and 26.2 mile relay
3	Kirkland	<b>Mother's Day Half Marathon &amp; 5k</b> – 13.1 or 3.1 mile run/walk and kids race
3	Everett	<b>Bursting Bubble 5k Walk &amp; Run</b> – 3.1 mile walk/run
3	Spokane	<b>Bloomsday Run</b> – 7.46 mile run/walk
3	Everson	<b>Farmers Market 5k</b> – 3.1 mile run/walk
4	Snoqualmie	<b>Mt Si Relay &amp; Trail Runs</b> – 50, 31, 26.2 or 13.1 mile trail run/walk and 58 mile relay
9	Olympia	<b>Luau 5k, 10k &amp; Half Marathon</b> – 13.1, 6.2 or 3.1 mile run/walk
9	Friday Harbor	<b>San Juan Island Half</b> – 13.1 mile run/walk and kids run
9	Bainbridge Is.	<b>Trillium Trail Run</b> – 6.2 or 3.1 mile trail run/walk and fun run
9	Mukilteo	<b>Inspiring Hope Run</b> – 6.2 or 3.1 mile run/walk
9	Seattle	<b>Beat the Bridge for Breakthrough T1D</b> – 4.97, 3 or 1 mile run/walk/roll
9	Bothell	<b>UW Bothell Husky 5k</b> – 3.1 mile run/walk
9	Sequim	<b>Sequim Irrigation Festival Bubble Run</b> – 2 mile run/walk
9	Snohomish	<b>Snohomish Women's Run</b> – 13.1, 6.2 or 3.1 mile run/walk
9	Auburn	<b>Battlefield Addiction Run For Recovery</b> – 3.1 mile run/walk
9	Burlington	<b>Skagit Spring Classic</b> – 100, 65, 45 or 25 mile bike ride
16	Spokane	<b>The Ta Ta Dash</b> – 6.2 or 3.1 mile run/walk and kids run
16	Seattle	<b>Running from Gluten</b> – 6.2 or 3.1 mile run/walk
16	Auburn	<b>Dog Trot 3k/5k Fun Run</b> – 3.1 or 1.9 mile run/walk
16	Sammamish	<b>Soaring Eagle Trail Run</b> – 13.1, 6.2 or 3.1 mile trail run/walk
16	Chehalis	<b>Lewis County Historical Bike Ride</b> – 100, 68, 48 and 15 mile bike ride
17	Walla Walla	<b>Onion Man Triathlon</b> – Olympic triathlon or relay
17	Woodinville	<b>Run or Win 5k &amp; 10k</b> – 6.2 or 3.1 mile run/walk
17	Spokane	<b>Windermere Marathon</b> – 26.2, 13.1, 6.2 or 3.1 mile run/walk
17	Port Townsend	<b>Rhody Run</b> – 7.5 or 3.1 mile run/walk and kids run
17	Olympia	<b>Capital City Marathon</b> – 26.2, 13.1 or 5 mile run/walk
23	Leavenworth	<b>Leavenworth Trail Fest</b> – 34.2, 16.8 or 3.1 mile trail run/walk
26	Bellingham	<b>Ski to Sea</b> – 78.5 mile multi-sport relay (ski, bike, run, boat)
30	Redmond	<b>Flying Wheels Summer Century</b> – 100, 70 or 50 mile bike ride
30	Seattle	<b>Run to End Weekend Hunger 5k</b> – 3.1 mile run/walk
30	Bremerton	<b>Girls on the Run 5k</b> – 3.1 mile run/walk
30	Everett	<b>Rhinos 5k Fun Run</b> – 3.1 mile run/walk
30-31	Chelan	<b>Echo Valley</b> – 31, 13.1 or 6.2 mile trail run/walk and kids run
31	Spokane	<b>Run the 509</b> – 13.1, 6.2 or 3.1 mile run/walk
31	Snohomish	<b>Evergreen Half and 5 Mile</b> – 13.1 or 5 mile run/walk
<b>JUNE</b>		
6	Sedro-Woolley	<b>Blast of Color 5k</b> – 3.1 mile run/walk
6	Fairfax-Ruston	<b>Rainier to Ruston Relay</b> – 53 mile relay 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](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.