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The following is a summary of the types of expenses that are considered eligible for payment from the Wellness Taxable Spending Account. Eligible expenses are not limited to this list. Contact Manulife to determine if an item not on this list is eligible.

#### **COUNSELLING SERVICES**

- Grief counselling
- Addiction counselling
- Lactation consulting
- Parishioner fees
- Nutritional counselling
- Weight loss programs, counselling, books, CDs
- Stress management programs counselling , books, CDs
- Smoking cessation programs, counselling, books, CDs

#### **DAYCARE EXPENSES**

- Child care expenses (private or daycare centre)
- Field trip expenses
- Nanny
- Travel expenses (gas, mileage, taxi, etc. to take child to daycare)
- Diaper service
- Car seats/booster seats
- Baby monitors
- Adult/elder care expenses
- Emergency child care expenses
- Maid, cleaning service, homemaker

#### **DENTAL EXPENSES**

- Any unpaid amounts for dental procedure codes not covered under core benefits or Health Care Spending Account
- Bleaching tubes
- Cosmetic dentistry
- Denture cleaners and adhesive
- Home bleaching kits
- Home fluoride
- Prefabricated mouth guards
- Toothbrushes, dental floss, tooth paste
- Water flosser / WaterPik
- Whitening strips

## **EDUCATION EXPENSES**

- Professional course fees
- CPR training
- First aid courses
- School insurance
- Lodging, including hydro, water, telephone, etc.
- Meals
- Books
- Tuition
- Travel expenses
- Computer and software
- Foreign language training
- School supplies
- Tutor
- Summer camp fees
- Calculators
- Parking fees required to attend school

## **FITNESS AND RECREATION EXPENSES**

- Camping – campground fees and equipment (tent, sleeping bag, camping stove, pots, etc.)
- Dance lessons
- Equipment required to participate in a sporting event
- Fishing – fishing rod, lures, waders, fishing license, etc.
- Fitness equipment (treadmill, Bowflex, exercise bike, Fitbit, etc.)
- Fitness/exercise videos, books
- Golf – green fees, lessons
- Health club membership, fitness programs, gym memberships/classes (yoga, Pilates, aerobics, Curves, GoodLife, etc.)
- Hiking, jogging, running – club fees, race entry fees, shoes
- Horseback riding – lessons and equipment (saddle, helmet, boots, etc.)
- Hunting license and equipment
- Personal trainer
- Racket sports – court fees, lessons, equipment
- Recreational club membership (sailing, skiing, etc.)
- Self-defence courses – registration fees
- Skiing and snowboarding – passes, equipment, membership
- Sports such as baseball, curling, hockey, etc. (registration, equipment, team fees, lessons)

## **HEALTHCARE EXPENSES**

- Any unpaid amounts for Healthcare expenses not covered under core benefits or Health Care Spending Account
- Lifeline monitoring system
- Medic Alert bracelet

- Vitamins/supplements not recommended by a doctor
- Massage units
- Bed mattresses (Sealy Posturepedic, etc.)
- Beds other than hospital beds (Craftmatic, etc.)
- Heating pad
- Electric blankets
- Thermometer
- Vet fees
- Maternity expenses (prenatal classes, midwife)
- Treatment centers/spas (hair removal/waxing)

#### **LONG-TERM CARE EXPENSES**

- Retirement home fees
- Meals on Wheels
- Home maker
- Nursing home expenses, excluding room
- Charges (laundry, hairdressing, etc.)
- Telephone and TV rental while confined to hospital