

☐ **Fitness Related Services**

Fitness/Sports Fee

- Recreational Programs, Classes, Team Registration Fees
- Personal Training, Consultation
- Club, Resort, Park Annual Memberships
- Recreational, Individual Even Pass, Registration or Fees
- Gym, Fitness Centre, Pool Annual Memberships

☐ **Fitness Equipment**

- Fitness Equipment
- Sports Equipment
- Bicycle (manual)
- Heart Rate Monitor
- Athletic Sportswear and Accessories
- Wii Fit or Xbox Kinect, PlayStation Fitness (entertainment system not included)
- Fishing Equipment

☐ **Health Related (not covered under Health Spending Account)**

Medical

- Drugs
- Accommodation (Hospital, Long-term care, Respite) Fees
- Paramedical Services
- Medical Services and Supplies
- Vision Care
- Dental Care

Wellness Services

- Smoking Cessation Programs
- Safety Equipment
- Health Assessments
- Weight Loss Programs, Counselling (food not included)
- Nutritional Counselling
- Vitamins, Supplements, Natural Products
- Maternity Services (pre-natal classes, Mid-wife Services)
- Stress Management Services
- Medical Tests
- Alternative Health Practitioners (Reflexologist, Iridologist, Herbalist, Homeopath, Chinese Medicine, Shiatsu Therapist)
- Holistic Health Services



☐ **Education & Personal Development**

- Hobby and General Interest Classes
- Education Fees, Tuition, Books
- Training, Classes, Tutoring, Language, First Aid, CPR
- Professional Designation and Membership Fees and/or Dues
- Personal Computer and/or Accessories
- Music Equipment

☐ **Work-Life Balance**

Family Care

- Child Care
- Elder Care
- Home Care Assistance Services and Products (lifts, supportive aids)
- Caregiver Support Programs and Services

Insurance Premiums:

- Individual Health and Dental Plans
- Individual Life and Disability Plans
- Individual Travel Plans
- Individual Critical Illness Plans
- Individual Long Term Care Plans