

WELLNESS ELIGIBLE EXPENSES

Nutrition

- Nutrition counseling (eligible under HSA with a Registered Dietitian/certified Nutritionist)
- Over-the-counter vitamins and supplements
- Specialized food (carb free, Keto meals etc.)
 - Boost
 - Pedisure
- Weight Management (eligible under HSA if MD monitored)

Fitness

Fitness/Sports Equipment

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| <ul style="list-style-type: none"> • Baseball bat, gloves • Bicycle helmet • Boxing gloves • Equipment rentals such as skis, skates, snowboards, canoe, kayak • Foam roller • Frisbee • Goggles • Golf clubs • Hiking boots • Hockey bag • Hockey pucks • Hockey sticks • Home free weights • Home treadmill • Life jacket • Outdoor bicycle • Personal hockey gear such as shoulder pads, shorts, socks, gloves, helmet, cage, elbow pads • Protective gear such as sports helmet, goggles, shin guards, wrist guards, mouthguards • Punching bag • Rock climbing shoes • Rock climbing harness • Running shoes • Ski hat, gloves, face mask • Snorkel gear • Stability ball | <ul style="list-style-type: none"> • Stationary bike • Tennis rackets • Therabands • Trail running shoes • Water skis • Wearable fitness tracker (Fitbit, Garmin watch, Apple watch) • Wet suit • Winter skis/snowboard, boots and bindings • Yoga mat, blocks, straps, bolster |
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Courses/lessons/memberships

- Club memberships
- Dance lessons
- Fun Run registration fees
- Golf registration fees
- Ice hockey arena rental fees
- Marathon/race registration fees
- Martial arts lessons
- Parkour gym fees
- Personal training fees
- Self-defence course
- Skating lessons
- Ski passes
- Ski/snowboard lessons
- Sports team registration fees
- Swimming lessons
- Swimming pool entrance fee



Professional/Personal Development

- Books/Software
- Courses/conferences/seminars
- Continuing education
 - Language training
 - Parking for course
- Professional membership fee



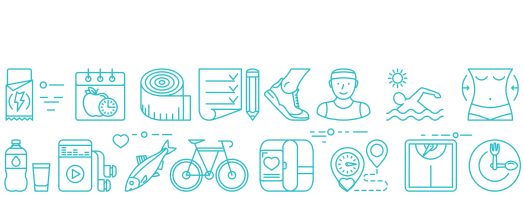
Personal/Family Interest

- Art classes/supplies
- Horseback riding lessons
- Music lessons
- Pre-natal classes (eligible under HSA)
- Sign language classes



Mental Health

- Art therapy (eligible under HSA with a Registered Therapist)
- Hypnosis (eligible under HSA with a Registered Therapist)
- Mindfulness
- Reiki
- Retreat Registration fees
 - Hiking retreat
 - Mediation retreat
 - Yoga retreat



WELLNESS INELIGIBLE EXPENSES

Nutrition

- Blender
- Body scale
- Cooking classes
- Cool Sculpt
- Food journal
- Food scale
- Food storage containers
- Juicer
- Liposuction
- Measuring cups/spoons
- Nicotine patches (eligible under HSA)
- Nicotine gum

Fitness

- Axe throwing class fees
- Bear spray
- Bow and arrow
- Camping registration fees
- Clip in shoes for stationary bike
- Ear muff
- Epipen (eligible under HSA with prescription)
- Epson salts
- Fishing net
- Fishing pole
- Flip flops
- Foot soaker tub
- Gas to hockey games
- Golf bag
- GPS locator
- Gym bag
- Headband
- Headphones
- Hiking backpack
- Hot tub/sauna
- Hunting rifle
- Ice/heat packs
- Lock for locker
- Massage oils
- Nintendo Wii accessories/games
- Nintendo Wii console
- Personal massager
- Reflective running/biking clothing
- Ski jacket
- Snow pants
- Socks
- Sports bras
- Sports jerseys
- Sunglasses
- Sunscreen
- Sweatshirt
- Swim suit
- Tape
- Tens Machine (eligible under HSA with prescription)
- Towels
- Waist belt for water
- Water bottle
- Wireless headphones
- Work out shirts/tanks/t-shirts
- Workout pants/shorts
- Workout videos



Professional/Personal Development

- Driving lessons
- Kids camp registration fees
- Laptops/computers
- Movie tickets
- Pet obedience classes
- Theatre tickets



Mental Health

- Daylight lightbulbs
- Essential oils
- Meditation books
- S.A.D Lightbox (eligible under HSA with prescription)