



### Health Support

Products and services that improve health and wellbeing

- Alternative wellness services: reiki, rolfing, touch therapy and light therapy
- Natural health products (e.g. vitamins, minerals)
- Nutritional counseling
- Pre-natal classes
- Smoking Cessation programs (including smoking cessation CDs)
- Stress management programs
- Weight management programs (excluding foods)



### Fitness and Sports Activities

Participation in physical activity that promotes good health

- Fitness club memberships
- Personal trainers
- Physical activity fees (e.g. gym drop in fees, yoga, lift tickets)
- Registration fees for athletics, physical fitness, health and wellness events, sports leagues



### Fitness and Sports Equipment

Purchase of fitness and sports equipment that promotes good health

- Fitness equipment such as treadmills, exercise bikes and universal gyms
- Athletic Footwear
- Purchase or rental of sports equipment (e.g. hockey skates, sticks and pads, golf clubs, bicycle helmet)
- Excludes clothing & uniforms



### Professional Development

Supporting continuous learning and career development

- Courses, conferences and seminars
- Liability insurance
- Professional membership fees
- Software and books for professional development courses



### Professional Development Travel

Supporting continuous learning and career development

- Transportation to course or seminar
- Parking
- Hotel accommodation
- Meals



## Computer Products and Mobile Digital Devices

Products and services for personal computing and mobile communication

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- Computers and peripherals (hardware)
- Computer equipment repair
- Internet connection devices and internet services
- Software
- Cell phone and accessories
- Service and usage fees  
Excludes gaming equipment & games



## Family Care

Attendant care and facility costs

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- | Family Care  | Child Care   |
|--|--|
| <ul style="list-style-type: none"><li>• Caregiver support programs</li><li>• Elder care and counseling</li><li>• Home care</li><li>• Long-term care facilities</li></ul> | <ul style="list-style-type: none"><li>• Day camps and day programs</li><li>• Daycare</li></ul> |



## Personal Interest

Supporting continuous learning through personal interest courses.

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- Art classes and supplies
- Driving instruction
- Photography courses
- Pottery classes and supplies
- Textbooks and required supplies for personal interest courses



## Insurance Premiums

Claim personal insurance product premiums

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- Critical Illness Insurance
- Individual Life Insurance
- Long Term Disability (LTD)



## Financial Advice

Claim fees associated with personal tax and financial advice.

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- Financial Advisor Fees
- Tax preparation

\*Please note the category listings of included products and services are examples only and are subject to change

### Contact Us

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