



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

#### **THE HOME DEPOT HIGHLIGHTS**

- CSA approved safety shoes
- Office equipment
- Gym memberships

#### **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**

- 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, etc.), FitBit, Apple Watch etc.
- Fitness/exercise videos, CDs, 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**

- Lifeline monitoring system
- Medic Alert bracelet
- Vitamins/supplements
- 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)
- Virtual Healthcare/Executive Health Clinics Administration/Membership fees
- PPE purchased for personal use to prevent the spread of an illness (ie: face masks, gloves)

#### **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