



WELLNESS SPENDING ACCOUNT (WSA) ELIGIBLE EXPENSES

Eligible Wellness Expenses

The following is a list of eligible expenses that can be claimed under the Wellness Spending Account. Please note expenses are for employee only.

Fitness

- Health club memberships/fitness programs, gym memberships/classes (e.g. yoga, pilates, aerobics, etc.)
- New and used fitness equipment (e.g. treadmill, bow flex, exercise bike, etc.)
- Personal trainer
- Sport registration fees/team fees/passes
- Sporting equipment (e.g. hockey, baseball, bowling, etc.)
- Sport lessons (e.g. golf, skiing, etc.)
- Horseback riding fees/lessons/equipment
- Self defense courses
- Dance lessons
- Fitbit

**Exclusions: clothing and footwear, fitness/exercise videos, CDs, books, magazines, camping fees, equipment or supplies, fishing and hunting licenses and equipment*

Education

- CPR training
- First aid courses

Counselling

- Grief counselling
- Addiction counselling
- Lactation consulting
- Prenatal counselling/services of a doula and/or midwife
- Nutritional counselling
- Weight loss programs/counselling
- Stress management programs/counselling
- Smoking cessation programs/counselling

**Exclusions: food, books and CDs*

**To verify eligibility of expenses not on this list, please contact:
Manulife Financial at 1-800-268-6195**