



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

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

- Childcare 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 childcare expenses
- Maid, cleaning service, homemaker

DENTAL EXPENSES

- Any unpaid amounts for dental procedure codes not covered under core benefits or Health Care Spending Account
- Bleaching tubes
- Cosmetic dentistry
- Denture cleaners and adhesive
- Home bleaching kits
- Home fluoride
- Prefabricated mouth guards
- Toothbrushes, dental floss, toothpaste
- Water flosser
- 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, exercise bike, gym equipment etc.
- Fitness trackers and related apps – activity monitor, heart rate monitors, sleep trackers etc.
- Fitness/exercise videos, CDs, books
- Golf – green fees, lessons
- Health club membership, fitness programs, gym memberships/classes (yoga, Pilates, aerobics, 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-defense courses – registration fees
- Skiing and snowboarding – Lift tickets/passes, equipment, membership etc.
- Sports such as baseball, curling, hockey - registration, equipment, team fees, lessons etc.
- Water sports equipment - paddle board, canoe, kayak, surfboard, life jacket, etc

HEALTHCARE EXPENSES

- Any unpaid health expenses not covered under Core Benefits or Healthcare Spending Account
- Medical alert devices and monitoring subscriptions (i.e. personal emergency response systems)
- Vitamins/supplements
- Massage units
- Bed mattresses
- Adjustable bed, other than hospital bed
- 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)
- Traditional Medicines (i.e. sweetgrass, sage, cedar, ceremonial tobacco, smudge kits)
- Fees and supplies for Indigenous ceremonies (i.e. sweat lodge, healing circles, smudging)

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