

Personal Spending Account

Eligible expenses - August 2023



A Personal Spending Account is a spending account funded by an employer that can be used to pay for a range of personal wellness related expenses not covered by a traditional group plan or provincial health plan.

Expenses claimed under a Personal Spending Account are subject to income tax as outlined by the Canada Revenue Agency. The list below provides examples of expenses that may be eligible under a Personal Spending Account.

Coordination of traditional benefits

- Dental expense
- Drug expense
- Paramedical services
- Medical equipment and supplies
- Accommodation (hospital) fees
- Vision expense

Educational and personal development

- Hobby, general interest, outdoor activities
- Educational fees, tuition, books
- Training, classes, tutoring, language, first aid, CPR
- Professional designation, membership fees, dues
- Personal computer and accessories
- Music equipment

Environmental household products

- Energy efficient products
- Environmentally friendly products

Family Care

- Elder care
- Caregiver support programs and services
- Homecare assistance services and products
- Childcare expenses

Fitness Equipment

- Fitness equipment (the rental of fitness equipment is not eligible)
- Sports equipment (bags only eligible if specifically designed for sporting equipment)
- Bicycle (manual)
- Heart rate / Fitness-sport monitor
- Athletic sportswear and accessories
- Fishing equipment
- Wii Fit or Xbox Kinect, PlayStation Fitness

Fitness/ Sports Fees

- Recreational program, classes, team registration fees (lessons and clinics)
- Personal training, consultation
- Annual memberships (clubs/resorts/parks)
- Recreational, individual event pass/ membership (registration fees/ competition entry fees)
- Annual memberships - gym, fitness centre, pool

Insurance Premiums

- Individual health & dental benefit plan premiums
- Individual life, individual LTD insurance benefit plan premiums
- Individual travel insurance plan
- Individual critical illness insurance plan premiums
- Individual long-term care insurance plan premiums

Miscellaneous

- Charitable donations
- Previously owned fitness equipment
- Pet care expenses (excluding food)
- Mobile digital communication devices/fees
- Contribution payout request
- Travel expenses
- Spa treatments
- Pandemic relief

Non-Health Professional Services

- Legal services
- Financial services

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Eligible expenses - August 2023 (cont'd)



Transportation

- Hybrid vehicle
- Public transportation fares
- Transportation costs, medical related
- Automobile (general expenses)

Wellness Services

- Smoking cessation program
- Safety equipment
- Health assessments
- Weight loss programs (excluding food)
- Nutritional counseling
- Vitamins, supplements, natural products
- Maternity services
- Stress management programs
- Medical tests
- Alternative health practitioners
- Holistic health service

It is important to remember that coverages between plans may vary. Plan Members looking to make claims under a Personal Spending Account should confirm their individual coverage. Please reference your benefits booklet to confirm if a Personal Spending Account is included in your plan, and what coverage categories are included under your plan.

Please reach out if you have any further questions or require additional assistance.

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