

The following is a summary of the types of expenses that are considered eligible for payment from the Taxable Spending Account. A receipt should be submitted outlining the service/item purchased, the date incurred and the amount charged.

Fitness:

- Health club membership/fitness programs, gym membership/classes (ie. Yoga, pilates, aerobics, Curves, Good Life etc)
- Fitness equipment (treadmill, bow flex, exercise bike etc)
- Personal Trainer
- Fitness/Exercise videos, cds, books, magazines
- Sport registration fees/team fees/passes
- Sporting equipment (hockey, baseball, bowling etc)
- Sport lessons (ie. Golf, skiing etc)
- Equipment required to participate in any sporting event
- Fishing and hunting license and equipment (excluding firearms and ammunition)
- Horse back riding fees/lessons/equipment
- Self defense courses
- Dance lessons
- Camping (campground fees, and equipment/supplies)

Day Care:

- Child care expenses (private or day care centers)
- Field trip expenses
- Nanny
- Homemaker
- Adult/Elder care expenses
- Emergency child care expenses
- Babysitting
- Child camps including day camps, or overnight camps
- Day Away Programs

Dental:

- Any unpaid amounts for dental procedure codes not covered under Core Benefits or Healthcare Spending Account
- Cosmetic dentistry
- Toothbrushes, floss, tooth paste
- Whitening strips
- Home bleaching kits
- Bleaching tubes
- Home fluoride
- Denture cleaners and adhesive
- Prefabricated mouth guards
- Water Pick

Health:

- Any unpaid health expenses not covered under Core Benefits or Healthcare Spending Account
- Any unpaid amounts for Drugs/vitamins/supplements not covered under Core Benefits or Healthcare Spending Account
- Any unpaid amounts for Natural Product Therapy (i.e. St. Johns Wart)
- Drugless Practitioners
- Lifeline Monitoring Systems
- Medic Alert bracelet/neck chain
- Massage units
- Heating pad
- Thermometer
- Sunscreen
- Personal Items (condoms, jelly, foam, sponge, lubricant etc)
- Off the shelf shoe inserts, bunion pads, corn remover

Long Term Care:

- Retirement homes
- Meals on wheels
- Nursing home expenses (including laundry, hairdressing etc)
- Telephone and television charges in hospital

Counselling:

- Grief counselling
- Addiction counselling
- Doula services
- Lactation consulting
- Parishioner fees
- Nutritional Counselling
- Weight Loss programs/counselling/books/cds
- Stress management programs/counselling/books/cds
- Smoking cessation programs/counselling/books/cds

Education:

- Professional courses
- CPR training
- First Aid courses
- Lodging (i.e. rent/residence fees, hydro, water, phone etc)
- Meals

If you have any questions about the eligibility of an expense, please contact Manulife.

- www.manulife.ca/groupbenefits
- Telephone: 1.800.268.6195