

## Eligible items under the Personal Spending Account (PSA)

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| <b>Fitness/Sports Fees</b>  |
| Recreational Program, Classes, Team Registration Fees                           |
| Personal Training, Consultation   |
| Club, Resort, Park Annual Memberships   |
| Recreational, Individual Event Pass, Registration or Fee                        |
| Gym, Fitness Centre, Pool, Annual Memberships                                   |
| <b>Fitness Equipment</b>  |
| Fitness Equipment   |
| Sports Equipment  |
| Bicycle (Manual)  |
| Heart Rate Monitor  |
| Athletic Sportswear and Accessories   |
| Wii Fit or Xbox Kinect, PlayStation Fitness (entertainment system not included) |
| Fishing Equipment   |



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| <b>Family Care</b>   |
| Child Care   |
| Elder care   |
| Homecare Assistance Services and Products (lifts, supportive aids) |
| Caregiver Support Programs and Services                            |
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| Hobby and General Interest Classes                                 |
| Education Fees, Tuition, Books                                     |
| Training, Classes, Tutoring, Language, First Aid, CPR              |
| Professional Designation and Membership Fees and/or dues           |
| Personal Computer and Accessories                                  |
| Music Equipment  |
| <b>Wellness Services</b>   |
| Smoking Cessation Programs   |
| Safety Equipment   |
| Health Assessments   |
| Weight Loss Programs, Counseling (excluding food)                  |
| Nutritional Counseling   |
| Vitamins, Supplements, Natural Products                            |
| Maternity Services (Pre-Natal Classes and Mid-Wife Services)       |
| Stress Management Programs   |
| Medical Tests  |



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| Alternative Health Practitioners<br>(Examples: Reflexologist, Iridologist, Herbalist, Homeopath, Chinese medicine, Shiatsu therapist, Acupuncturist) |
| Holistic Health Services   |
| <b>Non-Health Professional Services</b>  |
| Legal Services   |
| Financial Services   |
| <b>Insurance Premiums</b>  |
| Individual Health and Dental Plan  |
| Individual Life and Disability Plan  |
| Individual Travel Insurance Plan   |
| Individual Critical Illness Plan   |
| Individual Long Term Care Plan   |