



Health Support

Products and services that improve health and wellbeing

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| <ul style="list-style-type: none">Alternative wellness services: reiki, rolfing, touch therapy and light therapy | <ul style="list-style-type: none">Natural health products (e.g. vitamins, minerals)Nutritional counselingPre-natal classes | <ul style="list-style-type: none">Smoking Cessation programs (including smoking cessation CDsStress management programs | <ul style="list-style-type: none">Weight management programs (excluding foods) |
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Fitness and Sports Activities

Participation in physical activity that promotes good health

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| <ul style="list-style-type: none">Fitness club membershipsPersonal trainersPhysical activity fees (e.g. | <ul style="list-style-type: none">gym drop in fees, yoga, lift tickets)Registration fees for athletics, | <ul style="list-style-type: none">physical fitness, health and wellness events, sports leagues |
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Fitness and Sports Equipment

Purchase of fitness and sports equipment that promotes good health

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| <ul style="list-style-type: none">Fitness equipment such as treadmills, exercise bikes and universal gyms | <ul style="list-style-type: none">Athletic FootwearPurchase or rental of sports equipment (e.g. hockey | <ul style="list-style-type: none">skates, sticks and pads, golf clubs, bicycle helmet) <p>Excludes clothing & uniforms</p> |
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Professional Development

Supporting continuous learning and career development

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| <ul style="list-style-type: none">Courses, conferences and seminarsLiability insurance | <ul style="list-style-type: none">Professional membership feesSoftware and books for | <ul style="list-style-type: none">professional development courses |
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Professional Development Travel

Supporting continuous learning and career development

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| <ul style="list-style-type: none">Transportation to course or seminar | <ul style="list-style-type: none">ParkingHotel accommodation | <ul style="list-style-type: none">Meals |
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Computer Products and Mobile Digital Devices

Products and services for personal computing and mobile communication

- Computers and peripherals (hardware)
 - Computer equipment repair
 - Internet connection devices
 - and internet services
 - Software
 - Cell phone and accessories
 - Service and usage fees
- Excludes gaming equipment & games



Family Care

Attendant care and facility costs

Family Care

- Caregiver support programs
- Elder care and counseling
- Home care
- Long-term care facilities

Child Care

- Day camps and day programs
- Daycare



Personal Interest

Supporting continuous learning through personal interest courses.

- Art classes and supplies
- Driving instruction
- Photography courses
- Pottery classes and supplies
- Textbooks and required supplies for personal interest courses



Insurance Premiums

Claim personal insurance product premiums

- Critical Illness Insurance
- Individual Life Insurance
- Long Term Disability (LTD)



Financial Advice

Claim fees associated with personal tax and financial advice.

- Financial Advisor Fees
- Tax preparation

*Please note the category listings of included products and services are examples only and are subject to change

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