

Custom Wellness Plan



Sample Taxable WSA Expense List

Alternative Health and Wellness

- Aromatherapy
- Craniosacral Therapy
- Holistic Medicine or Practitioners
- Meditation Classes
- Reflexology
- Reiki

Community and Social Engagement

- Community Service Projects
- Live Music or Theatre tickets
- Museum and Science Centre Admission

Cosmetic and Personal Care

- Cosmetic Dentistry and Teeth Whitening
- Cosmetic Dermatology
- Hair Replacement
- Skincare & Beauty Services/Supplies (Including Tattoos, Micro-blading, Lashes, Brows, Hair Appointments, Botox, Makeup, Skincare, etc.)
- Spa Services

Digital and Communication Services

- Audiobook Subscriptions
- Cell Phone Plans and Devices
- E-reading devices
- Energy, Internet, Utility bills, etc.
- Headphones/Earbuds
- Health App Subscriptions
- Internet Services

Diversity, Equity, and Inclusion Initiatives

- Accessibility Equipment and Modifications
- Anti-Racism Training
- Cultural Celebrations and Festivals
- Diversity and Inclusion Workshops
- Language Restoration Classes
- LGBTQ+ Support Services and Programs
- Multicultural Events and Programs
- Non-Medical Gender-Affirming Services
- Traditional/Cultural Artwork, Supplies, and Food

Family and Care Services

- Child Daycare Services
- Cleaning Services
- Doula Services
- Elder Care Services
- Kids Summer or Day-camps
- Lactation Consulting
- Pet Adoption Fees
- Pet Daycare
- Pet Insurance
- Prenatal Education Classes
- Veterinary Fees

Disclaimer:

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Fitness and Recreational Activities

- Camping Fees and Outdoor Equipment
- Cold Plunge, Float Tanks, Hot Tubs and Saunas
- Dance Lessons
- E-sports, Virtual Reality, and Fitness Video games
- Fitness Equipment
- Gardening, Yardwork, Patio and BBQ Equipment
- Golf (Green fees)
- Gym or Fitness Club Membership
- Hiking and Adventure Gear
- Horseback Riding
- Hunting Equipment and Licenses
- Kids Sports Fees
- Personal Training
- Race/Fitness Competition Registration Fees
- Self-Defense Courses
- Ski, Snowboard, and Lift passes
- Sporting Equipment and Apparel
- Yoga, Pilates, Barre Classes

Health and Wellness

- All Eligible HSA items if HSA Balance is Exhausted
- Medic Alert Bracelet/Neck Chain
- Nutritional Appliances (Blenders, Shakers, Juicers etc.)
- Prescription and Non-Prescription Eyewear (Glasses/Sunglasses)
- Smoking Cessation Programs
- Therapeutic Wellness Aids (Non-Prescribed and Prescribed Equipment)
- Vitamins and Supplements
- Nutrition Counselling
- Weight Loss Programs
- Addiction/Rehabilitation Programs

Other

- Energy Efficient Appliances
- Ergonomic Office Equipment
- Legal Fees
- Safety Apparel (Glasses, Gloves, Boots, etc.)
- Treat Yourself (Anything)

Personal and Professional Development

- CPR Training
- Financial Advisor Fees
- Language Programs
- Life Coach
- Personal Development
- Personal RRSP/RESP/TFSA Contribution Reimbursement
- Professional Membership
- Musical Instruments, Equipment, and Lessons

Transportation and Travel

- Accessible Parking Permits
- Alternative Commuting Expenses (Bus Passes, City Transit, Ride-Share)
- Car Maintenance Expenses (Seasonal tire changes, oil change, etc.)
- Car Registration and Insurance fees
- Parking fees
- Travel Expenses (Hotels, Accommodations, Flights, Excursions, etc.)

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