

TAXABLE WELLNESS ACCOUNT (TWA)



ELIGIBLE EXPENSES*

Health Support

Products and services that improve health and wellbeing

- Alternative wellness services: reiki, rolfing, touch therapy and light therapy
- Natural health products (e.g. vitamins, minerals)
- Nutritional counseling
- Pre-natal classes
- Smoking Cessation programs (including smoking cessation CDs)
- Stress management programs
- Weight management programs (excluding foods)

Fitness and Sports Activities

Participation in physical activity that promotes good health

- Fitness club memberships
- Personal trainers
- Physical activity fees (e.g. gym drop in fees, yoga, lift tickets)
- Registration fees for athletics, physical fitness, health and wellness events, sports leagues

Fitness and Sports Equipment

Purchase of fitness and sports equipment that promotes good health

- Fitness equipment such as treadmills, exercise bikes and universal gyms
 - Athletic Footwear
 - Purchase or rental of sports equipment (e.g. hockey skates, sticks and pads, golf clubs, bicycle helmet)
- Excludes clothing & uniforms*

Professional Development

Supporting continuous learning and career development

- Courses, conferences and seminars
- Liability insurance
- Professional membership fees
- Software and books for professional development courses



Professional Development Travel

Supports travel associated with professional development activities

- Transportation to course or seminar
- Parking
- Hotel accommodation
- Meals

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

Child care

- Day camps and day programs
- Daycare

Family Care

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

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*