Fitness

• camping - campground fees and equipment (tent, sleeping bag, camping stove, pots, etc). Clothing are not covered.
• dance lessons
• equipment required to participate in a sporting event. Clothing are not covered
• fishing – fishing rod, lures, waders, fishing license, etc.
• fitness equipment (treadmill, Bowflex, exercise bike, Fitbit, etc.) Smartwatches and clothing are not covered
• fitness/exercise videos, CDs, books
• golf – green fees, lessons
• health club membership/fitness programs/gym memberships/classes (Yoga, Pilates, Aerobics, Curves, Good Life, etc)
• hiking/jogging/running – club fees, race entry fees, shoes. Clothing are not covered.
• horseback riding – lessons and equipment (saddle, helmet, boots, etc.). Clothing are not covered.
• hunting license and equipment. Clothing are not covered.
• personal trainer
• racket sports – court fees, lessons, equipment. Clothing are not covered.
• recreational club membership (sailing, skiing, etc.)
• self-defense courses – registration fees
• skiing and snowboarding – passes, membership, equipment excluding clothing
• sports such as baseball, curling, hockey, etc. (registration, equipment, team fees, lessons). Clothing are not covered.

Day Care

• adult/elder care expenses
• baby monitors
• car seats/booster seats
• child care expenses (private or day care centre)
• diaper service
• emergency child care expenses
• field trip expenses
• maid / cleaning service / homemaker
• nanny
• travelling expenses (gas, mileage, taxi, transit, etc. to take child to day care)

Dental

• any unpaid amounts for dental procedure codes not covered under the dental plan or Healthcare Spending Account
• bleaching tubes
• cosmetic dentistry
• denture cleaners and adhesive
• home bleaching kits
• home fluoride
• prefabricated mouth guards
• toothbrushes, dental floss, toothpaste
• water pick
• whitening strips

Health

• any unpaid health expenses not covered under medical plan 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
• bed mattresses
• beds other than hospital beds
• electric blankets
• ergonomic/office equipment (office chair & sit/stand desk, laptop stand/riser, monitor, keyboard, mouse, wireless headset). Computers, printers and stationery are excluded.
• heating pad
• lifeline monitoring system
• massage units
• maternity expenses (prenatal classes, midwife)
• medic alert bracelet
• thermometer
• treatment centers/spas (hair removal/waxing)

- vet fees
- vitamins/supplements not prescribed by a doctor
- virtual healthcare/executive health clinics administration/membership fees

Long Term Care expenses incurred by the employee for the immediate family

- charges (laundry, hairdressing, etc.)
- home maker
- Meals on Wheels
- nursing home expenses, excluding room
- retirement home fees
- telephone and TV rental while confined to hospital

Counseling

- addiction counseling
- grief counseling
- lactation consulting
- nutritional counseling
- parishioner fees

Education

- books
- CPR training
- first aid courses
- summer camp fees

Legal

- divorce kits
- lawyer fees (real estate transactions, wills, powers of attorney, passports, divorce proceedings)
- legal books, CD's
- paralegal fees
- will kits

Insurance

- CAA membership
- pet insurance
- identify theft protection

Personal Development

- books
- personal interest courses, seminars (cooking, craft, sewing, etc.)
- smoking cessation programs
- stress management programs
- weight management programs

Environmental

- books, videos, CDs
- compost bin
- dehumidifier
- energy efficient appliances
- energy saving light bulbs
- green home initiatives
- landfill/recycling expenses
- re-usable bags purchased at stores
- vaporizer
- water barrel
- public transit subsidy
- expenses related to electric cars