



GET YOUR EMPLOYEES EXCITED WITH CUSTOM LIFESTYLE BENEFITS FOR YOUR WORKPLACE





HEALTH AND FITNESS RELATED

Fitness Related Services - Memberships/Fees that improve fitness and wellbeing

- Fitness club memberships (Eg. annual costs for gym memberships)
- Registration fees for fitness related programs or lessons (Eg. personal trainers, fitness classes, yoga classes, dance lessons)

Recreational Related Services - Memberships /Fees for recreational activities that improve health and wellbeing

- Recreational membership (Eg. costs for golf, yacht club, curling, etc.)
- Sports team memberships and registration fees
- Court fees, green fees, ski passes, lift tickets and race registrations

Fitness Equipment (non apparel) - Products that improve health and wellbeing

- Exercise equipment (Eg. treadmill, stationary bike, elliptical, weights / bench, yoga mat, fitness DVDs, etc.)
- Equipment required to participate in a sport/event/activity (Eg. fitness trackers, golf clubs, bicycles, camping equipment, tennis racquet)

Fitness Apparel - Specialized clothing used to participate in fitness activities

- Runners, apparel specific to sport or fitness activity
- Note: Street wear is not eligible.

Health Related Services - Alternative health and wellness services

- Health and wellness services performed by alternative health practitioners (Eg. weight management, stress management, reflexologist, iridologist, herbalist, homeopath, Shiatsu therapist, Reiki, Touch therapy, Rolfing, Light therapy, etc.)
- Maternity services (Eg. pre-natal classes and services of a certified Doula, etc.)
- Note: If you have other healthcare benefits that do not cover the expense, you can claim those services here.

Health Related Devices - Devices that support health, fitness or wellbeing

- Blood pressure monitor, breast pump, SAD Light, pedometer, fitness watches/monitors/systems, lumbar pillow, muscle roller, etc.
- Note: Exercise equipment is not eligible.

Wellness Products (non food) - Products used to support a healthy body

• Vitamins, herbs, supplements, holistic/homeopathic remedies, ayurvedic medicine, essential oils/ accessories, etc.

FAMILY AND LIFESTYLE

Family Leisure Fees - Participation in leisure activities outside of the home

• Zoo, theme Park, amusement park, museum passes, opera tickets, bowling, national park passes

Family Assistance - Attendant care and facility costs

- Childcare/daycare (in-home or at a center), after school programs, day camps, nannies, summer camps
- Note: All expenses require a detailed receipt. Handwritten notes are not acceptable.
- Infant Equipment and Furniture, Carriers and Safety Items Hard goods required for the care and safety of your infant
 - Cribs, strollers, high chairs, car seats, monitors, playpens, breast pumps, baby carriers
 - Note: Coverage excludes food, clothing, diapers, toys and decor items.

Transportation (does not include personal automobile expenses) - Costs associated with getting to work

• Public transit passes, parking passes

Green Living - Items or services to make your home more earth friendly

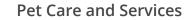
- House and home (energy assessment, solar panels, high efficiency furnace and hot water systems)
- The maintenance of above items like furnace cleaning with confirmation that service is done on an energy efficient item

Life Balance - Supports household responsibilities, allowing for participation in fitness & leisure activities

• Snow removal, yard maintenance, housekeeping services, laundry service, carpet cleaning, window washing

Automobile Expenses - Costs associated with vehicle operation and maintenance

- Tires, rotation, engine and transmission repairs, and all other maintenance-related expenses
- Fuel expenses for gasoline/diesel, oil, wiper fluid, transmission fluid, coolant, etc.



- Pet insurance, vet bills, daycare, boarding, pet sitting, walking, training, obedience training (valid receipts required)
- Note: Pet food, accessories and toys are not eligible.

FAMILY AND LIFESTYLE CONTD.

Travel and Vacation

• Flights, hotels, AirBnB, hostels, bed and breakfasts, on-line vacation packages, travel agency bookings, ferries, greyhound, transportation costs, all inclusive holidays and airport parking

FINANCIAL

TFSA's - Contributions to a tax-free savings account

- Contributions to a tax-free savings account
- RESP's Contributions and savings toward your child's post-secondary education
 - Deposits (monthly or one-time) toward an RESP savings program for listed dependents
 - Note: Your provider and contribution details are required.

RRSP's - Contributions to personal registered retirement savings plan

- Deposits made to the employee's personal RRSP
- Note: You must provide deposit proof into a clearly identified RRSP program.

Student loan repayment program

- Reimbursement for payments made toward a student loan
- Note: Documentation must include: name, payment date, amount, proof of withdrawal/payment and loan type.

PERSONAL

Education and personal development - Supports continuous learning

- Tuition fees for university, college or continuing education (including books and supplies)
- Professional membership fees or dues not covered by the company
- Hobbies, general interest classes, driver education, seminars and conferences

Computer Products/Mobile Devices - Products for personal computing and mobile communication

• Computers and accessories (hardware), printer/scanner, laptop, notepads, cell phone and devices, etc.

PERSONAL CONTD.

Electronics - Technological products used to enhance leisure time

• Televisions, stereo, gaming consoles, PVR, satellite dishes, camera, headsets, GPS, etc.

Spa Services - Services related to relaxation and wellbeing

• Manicure, pedicure, wraps, scrubs, facials, Vichy bath, whirlpool, hot tub, sauna, steam room, etc.

Cosmetic procedures - Services related to personal appearance

- Tattooing, tattoo removal, botox, teeth whitening, piercing, hair implants, hair removal, lashes, waxing, permanent makeup, etc.
- Life Event Preparation
 - Legal fees for will and estate planning, new home owner, investments

Individual Insurance premiums - Costs associated with personal insurance premiums

- Premiums for health-related insurance such as Life, Disability, and Critical Illness
- Note: Coverage does not include home or auto insurance.

GENERAL

Remote Products - Items that support working remotely

- Home office equipment (eg. chairs, desks, filing cabinets, printers, etc.)
- Technology costs such as webinar subscriptions

Covid-19 Support - Items or services to help with social distancing

- Food and grocery delivery
- Mental wellness-related items (eg. weighted blanket, online counseling services, meditation, exercise programs, etc.)
- Family home-schooling supplies (eg. craft supplies, books, school supplies, online learning programs, etc.)
- Medical Health expenses (eg. cough and cold medicines, throat lozenges, sleep aids, sanitizers and wipes, water and air purifiers, soaps, masks, gloves, supplies for a first aid kit, thermometers, etc.)

SPECIAL

Pay As Submitted

- Instead of specifying the coverages above, offer a wide open taxable LSA by selecting the option below. This means that we accept all receipts as submitted and will process all expenses without rejections.
- Pay all receipts as submitted no rejections



Custom Category for Your Company Requested

• Speak to National HealthClaim about creating a lifestyle category customized to your employees and their needs.

AUTHORIZATION

I authorize the Lifestyle Spending Account categories, as selected above, to be applied to the following business account:

Company Name: _____

Effective Date for Category Selection: _____

Authorized Signature: _____

Print Name: _____

Get started today!

For further information, visit www.nationalhealthclaim.com or call toll free: (866) 342 5908

This plan is administered by National HealthClaim, a national company headquartered in Calgary, Alberta.

