



Lifestyle Spending Account Categories

GET YOUR EMPLOYEES EXCITED WITH CUSTOM
LIFESTYLE BENEFITS FOR YOUR WORKPLACE

Choose your categories below

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.

Choose your categories below

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

Choose your categories below

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.

Choose your categories below

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.)

Choose your categories below

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.
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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.