

Employee Wellness Account – Eligibility List

The following is a summary of the types of expenses that are considered eligible for payment from the Employee Wellness Account (also known as a Lifestyle Spending Account). Eligible expenses are not limited to this list. Contact benefits@selkirk.ca or Manulife to determine if an item not on this list is eligible.

- Personal fitness equipment (excluding clothing and footwear)
 - Includes fitness/exercise videos, CDs, books
- Fitness classes or gym membership
 - Health club membership, fitness programs, gym memberships/classes (yoga, Pilates, aerobics, Curves, GoodLife, etc.)
 - Recreational club membership (sailing, skiing, etc.)
 - Self-defence courses – registration fees
 - Dance lessons
- Recreational enrolment and/or participation fees
 - Hiking, jogging, running – club fees, race entry fees
 - Horseback riding lessons
 - Racket sports – court fees, lessons
 - Golf – green fees, lessons
 - Skiing and snowboarding – pass, membership
 - Sports such as baseball, curling, hockey, etc. (registration, team fees, lessons)
- Fitness trackers and app subscription, such as Fitbit or MyFitnessPal
- Consultation session(s) with a Registered Dietitian or Nutritionist
- Recognized weight loss programs such as Weight Watchers
- Textbooks and/or related media on health and/or wellness related topics
 - smoking cessation programs
 - addictions or stress management programs
 - weight management programs
- Mediation/Mindfulness class or program
- App subscriptions that promote health and wellness such as HealthyMinds, Calm
- Wellness class
- Sports Equipment
 - Equipment required to participate in a sporting event
 - Camping – campground fees and equipment (tent, sleeping bag, camping stove, pots, etc.)
 - Fishing – fishing rod, lures, waders, fishing license, etc.
 - Fitness equipment (treadmill, Bowflex, exercise bike, etc.), FitBit, Apple Watch etc.
 - Racket sports equipment
 - Skiing and snowboarding equipment
 - Equipment for sports such as baseball, curling, hockey, bowling, etc.
 - Water sports equipment - paddle board, canoe, kayak, surf board, life jacket, etc.
 - Horseback riding equipment (saddle, helmet, etc.)
- Fitness Instructor / Personal Trainer