

## **Employee Wellness Fund – Eligibility List**

The following is a summary of the types of expenses that are considered eligible for payment from the Employee Wellness Fund (also known as a Lifestyle Spending Account). Eligible expenses are not limited to this list. Contact [benefits@selkirk.ca](mailto: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
- Admission fees for races and fitness activities
  - 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
- Books on health and fitness or that promote/support healthier habits
  - smoking cessation programs
  - 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