



Standalone[®] Wellness Spending Account (WSA) Eligible Expenses

Benefits by Design (BBD) Inc. has compiled a listing of common expenses for the Standalone[®] Wellness Spending Account (WSA). **This listing is not complete.**

Employers are encouraged to review the needs and interests of their employees to determine the requirements of their own WSA.*

Additional Health Services

- Lifeline Monitoring Systems
- Medic Alert bracelet/neck chains
- Travel vaccinations
- Smoking cessation programs
- Safety equipment
- Health assessments
- Weight loss programs
- Nutritional counseling
- Vitamins, supplements, natural products
- Maternity services
- Stress management programs
- Medical tests
- Alternative health practitioners
- Holistic health services
- Personal hygiene products

Additional Dental Services & Supplies

- Cosmetic dentistry
- Toothbrushes, floss, toothpaste
- Whitening strips and home bleaching kits
- Denture cleaners and adhesives

Family

- Child/Day/Elder care
- Homecare assistance services and products
- Caregiver support programs and services
- Family counselling services
- Drug, alcohol, and addictions rehabilitation

Group Specific

- Outdoor workers – Winter gloves, hats
- Construction workers – Steel toed boots, hard hats
- Office workers – Standing desks, ergonomic chairs

Services & Safety

- Legal services
- Financial services
- Alternate transportation services
- Parking
- Snow tires

Education and Personal Development

- Education fees, tuition, books
- Training, classes, tutoring, first aid
- Professional Designation, professional membership fees and/or dues
- Personal computer and accessories
- Music equipment

Equipment

- Fitness equipment
- Sports equipment
- Bicycle (manual)
- Heart rate monitor
- Athletic sportswear and accessories
- Wii Fit or Xbox Kinect, PlayStation Fitness (excludes system)
- Fishing equipment

Hobby

- Personal interest classes
- Games
- Craft Supplies

Insurance Premiums

- Individual health and dental plans
- Individual life and disability plans

Fitness

- Gym/fitness centre/pool annual memberships
- Recreational programs, classes, team registration fees
- Personal training or consultation
- Club/resort/park annual Memberships
- Self defense courses
- Fitness or sports fees
- Recreational, individual event pass, registration or fees
- Sports conditioning programs
- Kinesiology

*Wellness Spending Accounts (WSA) are considered part of the employee's compensation package and are exclusively for the employee's use.