

eligible expenses for your wellness spending account (WSA) or taxable spending account (TSA)

With your wellness spending account (WSA), or taxable spending account (TSA), you benefit from a broad range of expenses in one inclusive list. Below is a list of the eligible expenses available for the WSA.



health related services

- ✓ weight management programs
- ✓ smoking cessation programs
- ✓ nutrition programs & counselling
- ✓ maternity services (prenatal classes, midwifery services)
- ✓ alternative health practitioners
- ✓ sleep assessments
- ✓ stress management programs



work/life balance related services

- ✓ elder care costs
- ✓ day care costs



fitness related services

- ✓ fitness club memberships and classes;
- ✓ sports team costs
- ✓ sports club fees (golf memberships, greens fees, ski passes etc.)
- ✓ personal training fees
- ✓ fitness and sports equipment



professional development

- ✓ courses & seminars
- ✓ conferences & classes
- ✓ textbooks & reference materials
- ✓ professional exam fees
- ✓ travel costs associated with eligible professional development

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