ELIGIBLE EXPENSES FOR SUN LIFE’S PERSONAL SPENDING ACCOUNT

With Sun Life's enhanced Personal Spending Account (PSA), employees will benefit from a broad range of expenses in one inclusive list. This is a list of the eligible expenses available for the PSA.

Fitness services
- fitness club or gym memberships
- registration fees for fitness-related programs, lessons or courses (such as aerobics, yoga, dance and martial arts)
- sports team memberships and registration fees
- annual memberships or daily passes to athletic facilities (such as access to golf courses, racquet clubs and ski hills)
- personal trainers, fitness consultants, lifestyle consultants and exercise physiologists
- registration fees for fitness-related events (such as walks, runs and races)
- recreational activity fees (such as boating fees, camping fees and trail passes)
- fees for athletic facilities and equipment rental costs
- fitness-related apps, software and programs
- hunting and fishing licenses

Fitness equipment
- purchase or rental of exercise equipment (such as treadmills, exercise bikes, universal gyms and weights)
- specialized sports equipment (such as skates, bikes, non-motorized boats, rackets and clubs)
- fishing gear and supplies, camping gear, tents and sleeping bags
- jogging or cycling strollers
- specialized athletic footwear (such as running shoes, golf shoes and swim fins)
- fitness related apparel (such as running jackets, cycling shorts and swim caps)
- athletic safety equipment (such as helmets, eye protection and mouth guards)
- fitness tracking tools (including watches) and heart-rate monitors
- fitness consoles and accessories, DVDs and downloadable work-out videos

Health products and services
- weight management programs (excluding food)
- nutrition programs and counselling
- cholesterol and hypertension screening
- smoking cessation programs and products
- services provided by iridologists, herbalists, Chinese medical practitioners and acupressurists
- other alternative wellness services (such as Reiki, Rolfing and light therapy)
- stress management programs
- first aid and CPR (cardiopulmonary resuscitation) training
- health, fitness or lifestyle assessments
- vitamins and supplements, including herbal products
- sleeping aids (such as orthopaedic mattresses and pillows, darkening blinds, white noise machines and ear plugs)
- Medical alert products and services
- personal care items (such as heating pads, thermometers, sunscreen, teeth whitening kits and denture products)
- life coach services or fees for spiritual or wellness retreats (excludes the cost of travel and accommodations)
- cosmetic procedures (such as Botox, dermabrasion and tattoo removal)
- health-related apps, software and programs
- day-spa services (such as baths, saunas and aesthetic treatments)
Education and personal development

- Tuition fees for university, college or continuing education (including books and supplies)
- Fees for language training and tutoring
- Fees or dues for professional memberships or associated with maintaining a professional designation
- Hobby or general interest classes and supplies (including cameras)
- Personal computers, accessories and software
- Online courses offered through a recognized educational institution requiring registration
- Internet services (statements used as receipts must include the payment amounts and date)
- Cultural activity passes or tickets (for things like museums, zoos, music concerts, plays, operas and symphonies)
- Lessons, courses, seminars and conferences (including books, instruments, supplies and accessories)
- Reading materials and book club memberships (including e-readers and books)
- Finance related apps, software and programs
- Smartphones and tablets

Green living

- Public transit passes
- Solar energy and wind energy products
- Energy home audits, cost to upgrade windows, programmable thermostats and weather stripping
- Lead pipe and asbestos removal from home
- Composters, rain barrels, recycling bins and recycling fees for atypical items (such as electronics)
- Appliances certified as energy efficient and other energy efficient products for home heating, cooling and lighting (such as tankless water heaters and compact fluorescent light bulbs)
- Car or bike sharing memberships and usage fees (excluding fuel costs and repair fees)

Work-life balance

- Childcare expenses
- Elder-care expenses
- Pet-care services (such as kenneling, obedience training, dog walking and veterinarian fees)
- Domestic services (such as house cleaning, snow removal, landscaping and moving services)
- Intelligent personal assistant (IPA) devices

Safety initiatives

- Baby safety equipment
- First aid products (such as bandages, Automated External Defibrillators (AED) and disinfectant)
- Smoke alarms, carbon monoxide (CO) detectors, fire extinguishers and fire escape ladders
- Personal protective gear (such as safety boots, eye protection and safety gloves)
- Life jackets, bear spray, rescue equipment and avalanche kits
- Home security systems and associated fees

Professional services

- Estate planning, financial investment counselling and tax return preparation
- Legal expenses (such as wills, divorces, and house purchases or sales)

Insurance premiums

- Life and Critical Illness insurance premiums, as well as Long Term Care facility premiums
- Pet insurance premiums

Financial

- Registered Retirement Savings Plan (RRSP) contributions
- Registered Education Savings Plan (RESP) contributions
- Tax-Free Savings Account (TFSA) contributions

Life’s brighter under the sun

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