

Category	Definition	Examples
Nutritionist	An appointment for a certified nutritionist or registered dietitian. Both online and in-person appointments are eligible for reimbursement	Only Nutritionist consultation fees
Cooking or Recipe App	Apps, services, or subscriptions that provide cooking tips, recipes, or videos.	Cookpad, Yummly, Cookidoo.thermomix.com, NYT cooking etc.
Diet Tracking App	Apps that help monitor eating and exercise to facilitate weight loss or weight management.	Weight Watchers, MyFitnessPal, Nutrients, MyNetDiary, MyPlate, Nutrition Facts, Calorie Counter, Protein Tracker, Lose it!, SuperFood
Supplements & Vitamins	Natural products that do not require a prescription. Eligible supplements and vitamins must aid in improving, diet, sleep, or overall health.	Alpha Brain, Amino Acid Supplement, Apple Cider Vinegar, Ashwagandha Supplement, Athletic Greens, B12 vitamins, BCAA, Biotin, Centrum Multi-Vitamins, Collagen, CoQ10 Supplement, Creatine, Electrolytes, Fish Oil Supplement, FLO Vitamins, Glucosamine, Gummies, Hair Supplement, Huel, HUM Nutrition Vitamins, Iron Supplement, Liquid IV, Magnesium, Magnesium Supplement, Melatonin, Multivitamins, Omega 3, Omega 4, Postnatal/Prenatal Vitamins, Prenatal Vitamins, Probiotics, Protein Powder, Protein shake, Dietary Supplements, Supplements & Vitamins, Vitamin B12, Vitamin C, Vitamin D, IV Infusion - IV Bar
Nutrition / Cooks Books	Books on nutrition, weight loss, recipes, and cooking.	Books on nutrition, weight loss, recipes, and cooking.
Mindfulness or Meditation Apps	Apps that support mindfulness and meditation to improve mental well-being.	Aura, Breeze Mental Health, Calm Subscription, Embracing All Of You, Fabulous Habit Tracker, Headspace App, Ten Percent Happier, Waking Up, Time/Task Management App (eg: GoodTask), Wellness Journal, Freedom Software, Moonbird (device used for controlling breathing), Devices for Anxiety or Meditation, Meditation Journal
Mindfulness or Meditation Classes	Mindfulness and meditation classes that work to improve mental well-being.	Mindfulness or Meditation Classes, Chakra Alignment, Stress/Anxiety Program
Financial Planning Apps	Apps or services that help manage your money, create budgets, track spending, invest, and provide financial advice.	Mint, YNAB (You Need a Budget), Acorns, Robinhood, Pocket Guard, EveryDollar, Tiller Money, Rocket money
Financial Advisor	Consulting a certified financial advisor.	Fees paid directly to a financial advisor

Financial Courses	Classes and courses that provide instruction about money management, budgeting, and investing. Material and books that are included in the cost of the course or class are approved.	Any online or in person financial course that teaches money management, budgeting, and investing and
Smoking Cessation	A program or treatment regimen that facilitates smoking cessation.	Smoking Cessation services
Sleep Therapy or Apps	Apps or services that aid with falling and staying asleep.	Hatch Sleep subscription, Sleep Cycle, Snore Lab
Weight Loss/Nutrition Program	A program that facilitates weight loss and maintaining a healthy lifestyle. Eligible costs must involve work with a certified coach either online or in-person. Weight loss programs that include food as a part of a bundle are eligible. Examples include but are not limited to Jenny Craig and Noom.	Noom, Jenny Craig, Optavia, Weight Watchers, Nutrisystem, etc Biostrap, SleepOne, Go2Sleep, Tempur-Pedic, Withing's Sleep, O2Ring, Polar M430, Any device worn on the body or pl
Sleep Tracking Device	Physical device with main purpose of tracking sleep.	
Sleep Aids	Costs and fees associated with purchasing mattresses, bedding (sheets/blankets), pillows, black-out curtains and eye-masks, sound machines, weighted blankets to improve sleep. Medical devices/equipment, prescriptions, and supplements are not eligible for reimbursement.	Black out curtains, Blankets, Eye-masks, Mattress, Pillows, Sleep Mask, Sound Machine, Space heater etc.
Smoking Cessation Products	Products that facilitate smoking cessation. Examples include nicotine gum, and patches.	Skin patches, Nicotine gum, Lozenges, Inhalers, Nasal spray, All items must be specifically mean to facilitate
Fitness Center / Studio	A fitness center membership or classes at a fitness studio. Examples include, but are not limited to, yoga, Pilates, cross-fit, Tai-Chi, dance, barre, and bouldering or climbing.	Gym Membership, Gym Classes, Yoga Studios Membership, Yoga Classes, Dance Studios Fees, Dance Classes, Climbing Gym Membership, Karate Membership Barre Classes, Dance classes/lessons, Fitness Class, Fitness Classes, Golf Lessons, Martial Art Lesson, Pilates, class, Spin classes, Swim Lessons, Workout class, Yoga class, Yoga Classes
Fitness / Sports Lessons	Lessons with the primary purpose of physical fitness.	Marathon registration, Spartan Run, Triathlon, Marathon, Weight lifting competitions
Fitness Event Fees	Registering for a one-time athletic event.	

Sports League Fees	Participating in a sports league.	Hockey League Fee, Volleyball League Fee, Tennis League Fee, Baseball League Fee, Basketball League Fee, Soccer League Fee
Athletic Court Rental Fees	Cost of a sports court rental.	Badminton Court Rental, Baseball Courts, Basketball court rental, Bowling lane rental, Football field rental, Golf Simulator Rental, Ice skating, Padel court, Pickleball court rental, Squash court rental, Tennis court rental
Fitness Apps or Subscriptions	A one-time or a monthly subscription for digital fitness classes.	Peloton App, Beachbody OnDemand, Barre Livestreams, Apple Fitness, All Trails, Open Fit, Various Fitness Apps
Personal Training	Individual or small group fitness training sessions.	Any virtual or in-person personal training classes for fitness
Golf Green Fees	Green fees for golfing.	Green fee, Tee time, Cart fee etc.
Local / State / National Park Passes	A local, state, or national park pass.	Day or annual passes to parks, beaches, deserts, trails, gardens
Aquatics Center	Dues, the cost of membership, or a one-time entry at a pool for the express purpose of exercising. Also includes sign-up fees, annual fees, and facility fees. This benefit does not cover swimming lessons.	Outdoor pools day pass, Water parks tickets, Recreation center pool pass, Aquatic center memberships, One time access fees, Additional facility fees

Athletic Equipment and Gear	Gear or equipment necessary for participating in physical activities. Clothing, shoes, weapons, and guns are not eligible for reimbursement.	Basketball Hoop, Backpack, Badminton Racquet, Baseball Bat, Baseball Gloves, Basketball, Bat, Bike Helmet, Water Bottle, Boxing Gloves, Football, Sports Gloves, Golf Bag, Golf Balls, Golf Club, Golf Discs, Golf Gloves, Goggles/Sunglasses, Jump Rope, Kayaks, Life Jacket, Paddleboard, Pickleball Paddle, Roller skates, Skateboard, Ski Equipment (Boots, Bindings, Poles, Helmet), Ski Goggles, Snowboarding Equipment (Board, Boots, Helmet), Soccer Ball, Squash Racquet, Surfboard, Swim Cap, Swimming Goggles, Tennis Balls, Tennis Racquet, Tennis Strings, Trekking Poles, Volleyball, Yoga Mat, Archery Equipment (Bow & Arrows), Posture Trainer, Airsoft Gun, Horseback Saddle, Wrist Support, Braces, Reflective Safety Vest, First Aid Kit, Ping Pong Table, Ice Bath Barrel, Ski/snowboard Rental
Athletic Shoes	Athletic shoes, excluding socks and other footwear accessories.	Sports shoes, Hiking sandals, Cleats, Cycling shoes, Skate shoes, Hiking boots, Ski/snowboarding boots, Snowshoeing shoes, Tennis shoes, Bowling shoes, Gym shoes, Ballet shoes, Insoles, Horseback riding boots
Wearable Fitness Tracker	A fitness tracker to track exercise, sleep, or water consumption. This includes Apple Watch.	Apple Watch, Fitbit, Garmin Watch, Google Pixel Watch, Fitbit band, Samsung Galaxy Watch, Whoop Strap, Other smart watches/fitness trackers
Bikes	An outdoor bike (road, mountain, commuter), excluding parts and accessories.	Outdoor bike (road, mountain, commuter), Electric bike, Electric scooter

		Ab roller, Ankle/Wrist weights, Bala bangles, Aerobics ball, Ballet barre, Barbell, Weight bench, Bike trainer, Bosu Ball/balance trainer, Bowflex, Boxing bag, Cross trainer, Under-Desk elliptical, Curl bar, Dip bar, Dumbbells, Elliptical, Exercise mat/Yoga mat, Foam roller, Functional trainer, Gymnastics rings, Hand grip strengthener, Hula hoop, Hydrow, Inversion table, Jump box, Jump rope, Kettlebell, Lat pull-down machine, MaxiClimber, Mirror, Peloton guide, Pilates reformer, Power cage, Power tower, Pull up dip station, Pull up bar, Punching bag, Weight rack, Resistance bands, Rowing machine, Rubber flooring, Ruck plates, Squat rack, Stationary bike, Stepper, Tempo move, Tonal, Total Gym, Trampoline, Treadmill, Vibration plate, Walking pad, Weight plates, Weighted vest, Weightlifting belt, Weights
Home Gym Equipment	Home gym equipment and accessories for exercise such as fitness machinery, weights, yoga mats. All equipment must be purchased from a store or online retailer. Fitness clothing is ineligible.	
Headphones	The cost to purchase headphones.	Any headphones or headsets
Art Classes	Art class(es) only. Classes/courses from a university or institute, and cost of materials are not eligible.	Online or in person art classes, Various forms of art eligible including painting, drawing, ceramics,
Musical Instruments	Musical instruments only. Accessories or repairs are not eligible.	Digital Keyboard, Drum Set, Drum Sticks, Guitar, Piano (Digital), Piano (Keyboard), Synthesizer, Ukulele, Violin
		3D printer, 3D printer filament, Art markers/pens/pencil sets, Clay & sculpting tools, Fabric, Sewing materials, Paint, Paint brushes, Pottery clay, Scrapbook materials, Sewing machine & Carrying Case, Sketchbook, Coloring book, Watercolor paints, Paper, Wax seal and stamping kit, Whittling knife, Wood and leather for knife sharpening, Yarn, Crochet hooks, Knitting needles, Airbrush mask/respirator, Photography lighting kit, Storage/Organizer, Picture frames, Cameras, Software/Creative software, Candle making kit
Art & Craft Supplies	Supplies & materials for arts and crafts such as canvases, paint, sketch pads, brushes, crocheting/knitting tools, yarn, etc.	
Music Lessons	Music or voice lessons from an instructor.	Music or Voice Lessons, Musical instrument lessons, Apps for music lessons, Studio time fee

Books	Hard copy or digital book(s). Book and audio book subscriptions are also eligible.	Any Hard copy or digital book, Audible, Blinkist, eBook subscriptions, Kindle, Kobo Clara/Aura One, Nook Glow, Onyx, x Boox, Industry journals
Online Learning	Online class(es) or access to an online learning platform with the primary purpose to develop a skill. Examples include but are not limited to; Udemy, MasterClass & Coursera. Certifications and test fees are included. Courses toward a degree are ineligible.	Udemy, MasterClass, Coursera, EDX, etc., Any online learning course to develop a skill, LinkedIn premium
Athletic Clothing	Clothing for the primary purpose of engaging in fitness activities.	Athletic hat, Athletic jacket, Athletic shorts, Cap, Exercise tops, Hoodie, Joggers, Leggings, Athletic pants, Socks, Sports bra, Sweatpants, Sweatshirt, Swimsuit, T-shirt, Dance wear, Leotards, Wetsuits, Sport/Tennis dress or skirt
Scales	Device(s) to measure weight.	Bodyweight scale, BMI scale, Food Scales etc.
Tax Preparation	Software for tax preparation or fees associated with hiring a professional to prepare taxes.	Intuit, TurboTax software cost, Fee of profession for tax preparation, Crypto tax planning software
In-Person Learning	In-person class(es) with the primary purpose of personal enrichment and development. Certifications and test fees are included. Courses toward a degree are ineligible.	In-person language courses, In-person profession development courses, Any in-person course to develop a skill
Career Coach	In-person or online coaching services with the primary purpose of professional development.	Growing Self Counseling & Coaching, Allison Task - Career and Life Coach, CallTheONE, One Mind Therapy
Health or Life Coach	In-person or online coach. A health or life coach is a professional who helps you reach a goal or make a change in your life.	Only Health or Life Coach Sessions
Citizenship / Visas	Fees associated with acquiring citizenship or visas.	Mailing costs, Passport costs, Cost of Visa, Filing fees, Biometric fees, Application fee
Estate Planning	Fees associated with hiring a licensed attorney for estate planning.	Notary's services, Living Will, Prenuptial agreement, Estate planning services
Photography Equipment	Cameras, equipment, and accessories for photography such as tripods, lights, reflectors, lenses, lens caps, stabilizers, filters, clips, straps, memory cards, cases, bags, and cleaning supplies.	Camera, Tripod stand, Camera lens, Drone, GoPro, Camera film roll, etc., Adobe

Lawn & Gardening Supplies	Items used in gardening activities. Including seeds, bulbs, plants, soil, pots, planters, pest control products, plant care, mulch, landscape fabric, stones, and pavers. Power equipment, furniture, and tools are not eligible.
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Lawn & Gardening Hand Tools	Items used to maintain a garden or yard. Including shovels, trowels, pruners, wheelbarrows, loppers, hedge shears, seed spreaders, post-hole diggers, watering hoses, watering cans, and garden gloves. Excludes power tools.
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