



Request for Reimbursement
Lifestyle & Wellness Account

Please Check One

HOURLY	
ADMIN	

Employee Name: _____ Employee #: _____
(LAST NAME, FIRST NAME)

Location: _____ Date Submitted: _____

EXPENSES

Hourly Employees - Submit to Employee Relations
Admin Employees - Submit to Calgary Human Resources

DATE	DESCRIPTION	VENDOR	PRICE (\$CDN ONLY)	WHO IS IT FOR? Employee, Spouse, or Child: Please include the name

Total Claim Amount (Max \$1000) _____

PLEASE NOTE: OFFICIAL BUSINESS RECEIPTS ONLY.
Your claimed expenses will not be reimbursed if clear copies of the original receipts are not attached.

Employee Signature _____

Employee Relations Only

Approved By: _____

Signature _____

Date _____



LIFESTYLE & WELLNESS-HOURLY

Last Updated: August 19, 2020

Wellness Activities:

1. Sports club / Fitness membership (includes school sports fees)
 - a. Cross-country skiing
 - b. Curling
 - c. Dog Agility
 - d. Fitness / Gym
 - e. Golf
 - f. Hiking
 - g. Off-Road Clubs
 - h. Racquetball
 - i. Rod & Gun Clubs
 - j. Rowing
 - k. Running
 - l. Snowmobiling Clubs
 - m. Tennis
 - n. Boat Club

2. Weight loss organizations
 - a. Weight Watchers, Herbal Magic, Jenny Craig, LA Weight Loss, Beach Body, Dr. Bernstein Diet & Health Clinics
 - b. Excludes the cost of food & supplements

3. Personal Trainers
 - a. must be fully certified and registered with a fitness club or recreation center

4. Lessons, Registration fees & Passes:
 - a. Baseball / Softball / T-Ball / Slo-Pitch
 - b. Basketball
 - c. Bowling
 - d. Canoeing
 - e. Curling
 - f. Cycling / Mountain Biking
 - g. Dance (Jazz, Ballet –including uniform, Tap etc.)
 - h. Equestrian Activities including Saddles
 - i. 4H Club
 - j. Figure Skating
 - k. Golf
 - l. Gymnastics

- m. Hockey including Tournament Fees
 - n. Ironman Competitions
 - o. Kayaking
 - p. Martial Arts (including uniform & belts)
 - q. Rock Climbing
 - r. Scuba Diving
 - s. Skateboarding
 - t. Skiing (Downhill, Cross-Country, Telemark)
 - u. Snowboarding
 - v. Snow Skating
 - w. Soccer
 - x. Speed Skating
 - y. Swimming
 - z. Tennis
 - aa. Track & Field
 - bb. Volleyball
 - cc. Water Skiing
 - dd. Whitewater Rafting
 - ee. Yoga & Pilates
 - ff. Tough Mudder entry fees
 - gg. Global Corporate Challenge entry fees
 - hh. Skydiving courses (Does not include jumping fees)
5. Community Centre / Recreation Centre activities
- a. Public swimming
 - b. Family skating

Wellness Equipment:

6. Sports equipment & footwear
- a. Required items for Activities listed above
 - b. Jogging Stroller including plastic rain cover
 - c. Traction Kites
 - d. Bike trailers
 - e. Bike locks
 - f. Exercise bike stand/Bike trainer
 - g. Target Shooting Dispenser Scale
 - h. Hand-held GPS
 - i. Wet & dry suits
 - j. Golf Cart, hand cart only
 - k. Travel golf bag
 - l. Hand-held weather barometer
 - m. Trampolines, including safety kit

- n. Ski & Bike racks
- o. Locker fees
- p. Dogsledding equipment (harnesses, etc.)
- q. Toboggan
- r. Wakeboard/Water Skis
- s. Paddleboat / Pontoon
- t. E- Bikes
- u. Swing Sets / Outdoor Play Equipment
- v. Under-Desk Elliptical

7. Safety equipment

- a. Helmets, Goggles & Boots
- b. Personal Floatation Devices
- c. Reflective Vests
- d. Armor / Padding for off-roading, mountain biking & dirt biking
- e. Avalanche safety equipment including backpacks
- f. Safety Courses such as First Aid, Avalanche Safety, Outdoor Survival
- g. Paintball equipment (face mask & body armor only)
- h. Spot Satellite (Emergency Beacon)
- i. Molded earplugs
- j. UTV Safe Riders Course
- k. First Aid Kit

8. Home fitness equipment

- a. Treadmill, Elliptical, Stationary Bike, Rowing Machine, Stairmaster
- b. Inversion tables for fitness
- c. Personal home gym
- d. Ping pong table / Table tennis
- e. Other equipment and accessories
 - i. Fit ball, weights, weight benches, Bosu ball, balance boards, exercise tubing & bands
 - ii. Step-counter / Pedometer
 - iii. Heart-rate monitor
 - iv. Yoga / Pilates mats and accessories
 - v. Fit Bit Flex – pedometer
-Fitbit Versa Watch
 - vi. Garmin Vivo Fit 2 Activity Tracker
 - vii. Garmin GPS Golf Watch
 - viii. Dive Watch
 - ix. Bella Beat Health Tracker
 - x. Weightlifting gloves
 - xi. Blood Oxygen Monitor

9. Healthy Living Equipment
 - a. Continuous Glucose Monitor systems (transmitter kit and sensors)

Lifestyle Activities & Equipment:

10. Camping fees & Permits
11. Camping equipment
 - a. Camping cookware
 - b. Camping cots, pillows, sleeping bags, sleeping pads
 - c. Backpacks and stuff sacks
 - d. Water purification systems, water bottles (storage or sports bottles)
 - e. Tent, including truck tent
 - f. Camping chair
 - g. Walking sticks
 - h. Gold pans and dredge
 - i. Leg wraps for horses
 - j. Saddle panniers
12. Girl Guides of Canada; Scouts Canada, Boys & Girls Clubs
13. Children's summer camps
14. Fishing rods and tackle
 - a. Ice Auger and Ice House
 - b. Vests, hip-waders
 - c. Electronic fish finder
 - d. Wading boots
 - e. Personal Protection Floating Vest
 - f. Boat Canada Course
 - g. Fishing Boat
 - h. Boat racks
15. Fishing licenses and permits
16. Hunting and Trapping Licenses and permits
17. Hunting and Accessories
 - a. Range finder
 - b. Binoculars – including Night Vision



- c. Spotting scopes
- d. Game calls & game scents
- e. Hunting blind
- f. GPS tracking collars for hunting dogs
- g. Hunting/hiking boots
- h. Sports sandals
- i. Hand held GPS
- j. Tree Stand
- k. Deer Cart-Game Hauler
- l. Targets
- m. PAL and CORE courses

- 18. National Park Pass
 - a. Annual or Daily Pass

Wellness Therapy

- 19. EMDR Therapy (Eye Movement Desensitization & Reprocessing) accompanied with a doctor's referral

Exclusions:

While the Company has made every effort to cover the full range of activities, services, or expenses associated with health and wellness, some items that are not listed may be eligible. Exception requests should be directed to the Calgary Human Resources department and requires the approval of the Manager Human Resources. If unsure whether a particular activity, item or service will be eligible for reimbursement, employees should contact their local Employee Relations department before incurring any cost.

Specific exclusions include:

- 1. Cosmetic / Beauty products and services
- 2. Clothing and apparel including gloves and winter clothing
- 3. Food & supplements, including performance, dietary, vitamins
- 4. Bottled water
- 5. Firearms & ammunition; bows & arrows, knives, cross-bow strings etc.
- 6. Hunting Accessories such as guns cases, cleaning kits
- 7. Paintball guns, accessories, paint, compressed air or CO2
- 8. Vehicle GPS systems
- 9. Hand-held street navigation GPS
- 10. Annual GPS subscription

11. Exercise videos, DVDs and online sessions
12. Entertainment passes i.e. movie passes, theatre tickets, concerts, amusement parks
13. CDs, iPods or MP3 players, computers & video game consoles, TV & Stereo Equipment
14. Cameras and other camera equipment including trail cameras
15. Veterinary and Horse Shoeing expenses and supplies
16. Motorized vehicles, including recreational and all-terrain vehicles, and motorized watercraft
17. Motorized Golf carts
18. ATV, RV & Boat Accessories
19. Tow trailers, storage trailers
20. BBQs & Camp stoves
21. Gasoline, propane, diesel and other fuel
22. Generators, Solar panels, battery boosters, battery chargers
23. Travel expenses, flights and accommodations
24. Maps
25. Music Lessons, musical instruments
26. Vibration Trainer Machines, including rental sessions
27. Chain saws, axes, hand saws
28. Steel-toed boots
29. Leather chaps, Kevlar chaps
30. In-ground and above-ground swimming pools including water tubes/toys for boating
31. Electronic collar & transport kennel for bird dogs
32. Decoys
33. Motorcycle safety lessons & courses
34. Athletic Therapist
35. Limited Entry Hunting card fees
36. Trolling motor
37. Weight scale
38. Zoo passes and fees
39. Fish smoker
40. Walkie talkies
41. Weight bench matting
42. Target shooting chronograph
43. Bear spray, flares, bear bangers
44. Metal Detector
45. Roof Top Carrier
46. Isagenix
47. Nutrition Coach courses
48. Snowboard/Snowmobile gloves
49. Apple Watch
50. Wakeboard Tower
51. Pool noodles/floaties
52. Inflatable Bouncy Houses
53. Inflatable Boats
54. Smoke Detector

55. Cooler
56. Dog related items
57. Back brace, knee braces and supports
58. Cowboy boots
59. Tarps, gear ties
60. Horse equipment such as breast collar, cinch felt roper, brow band headstall, seat saver gel
61. Blood pressure machine
62. Portable water tank for showering/shower tent
63. Porta potty
64. Lanterns and flashlights
65. Skeet thrower
66. Bocce balls and bean bag toss game
67. Roping steer
68. Car show entry fees
69. Beekeeping
70. Hand held radio
71. Headphones for gym, skiing, etc.
72. Food dehydrator
73. Bike Shorts (padded)
74. Babysitter's Training Course and Home Alone Course
75. Air pumps
76. Circulation Booster
77. Winter boots
78. Earmuffs for sound reduction
79. Medical Tens Unit (messenger)
80. Mattresses for RVs / campers
81. Doula and birth coaching
82. Ramps for Snowmobile or ATV
83. Chartered fishing trip
84. Skydiving jump fees
85. Oxygen Concentrator Machine/ Humidifiers