



## Indigenous wellness coverage options

Indigenous Peoples often prefer traditional healing and ceremonies conducted by Elders. This can be either instead of or in addition to, western medicine. These practices are central to Indigenous culture and rely on traditional knowledge. Having coverage for these practices is an important part of inclusion.

Our Healthy Living Account, a taxable spending account option, includes coverage for the following:

- Traditional medicines: cedar, sage, sweetgrass, tobacco plant, etc.
- Items and fees for ceremonies: sweat lodges, healing circles, smudge kits, cloth, etc.

It also includes coverage for Indigenous Healers and Elders services, plus Indigenous language courses.

A new category for Indigenous health and wellness supports has been added to the Healthy Living Account claim form and brochure. It will make it easier for plan members to know which expenses they can claim through this taxable benefit account.

### Do you offer a taxable spending account to your employees?

If you already offer a taxable spending account where you define the list of eligible expenses, we encourage you to change the list of expenses to include Indigenous health and wellness supports. It's easy to make these changes – just speak with your Canada Life representative.

### Questions?

Please contact your Canada Life group representative.