

Your Health and Your Personal Income Tax Return

Did you know that you can claim medical expenses on your income tax return?

Medical expenses not covered/reimbursed or only partially covered/reimbursed by an insurance plan (e.g. work group plan or Blue Cross, etc.) can be claimed on your income tax return.

Below are allowable expenses for Saskatchewan residents to claim as of 2021:

1. Prescriptions – We advise clients to go to their pharmacy and request a “Detailed Drug Printout Listing” from January 1 to December 31 of the tax year being filed. Keeping individual slips throughout the year is time consuming and poses issues with some being forgotten/lost.
2. Verified Medical Trips over 40 kms (one way):
 - a. Proof in form of a letter/card from practitioner, date of appointment and attendance or in the case of a hospital stay paperwork from the hospital indicating the length of stay. You do not need to keep gas receipts as these trips are claimed using cents/km (e.g. 2021 was 51.5 cents/km).
 - b. Hotel receipts and parking receipts that coincide to your appointment.
 - c. Meals – You don’t need to keep receipts as allowable amounts from CRA guidelines are used every year (e.g. 2021 was \$23/meal, maximum of \$69/day including sales tax).
 - d. Driver required – if you were required to have a driver for your appointment, you can claim meals for them as well.
3. Dental / Orthodontist / Denture
4. Optometry
5. Chiropractic
6. Physiotherapy
7. Podiatry / Orthopedic. If you require special shoes, **prescription required.**
8. Psychologist / Mental Health Therapy
9. Chelation
10. Midwife / Fertility-related
11. Naturopath
12. Dietician / Gluten-Free Foods - keep your receipts for any products you buy.
13. Hearing aides, batteries, audiologist.
14. Hearing speech assists – e.g. computers, bells, vibratory – **prescription required.**
15. Visual/Vibratory Assist Devices – **prescription required.**
16. Mobility – walker, wheelchair, scooter, cane.
17. Ambulance
18. Medicinal Cannabis
19. Medical Supplies – disposable diapers, colostomy, catheter
20. Bathroom aids or lifts
21. Blood monitors, strips, syringes, etc.
22. Group Plan Premiums
23. Travel Medical Insurance Premiums
24. Out-of-country medical expenses
25. Blue Cross / GMS Premiums
26. Home Care / Respite Care
27. Certificates that were completed/charged to you by doctor – i.e. DTC (Disability Tax Credit) or SGI Medical
28. Were improvements made to your home and the purpose – i.e. ramp for a wheelchair, special tub.
29. Did you move for medical reasons?
30. Do you have a severe chronic illness – there’s coverage for training for caregivers.
31. Furnace/AC/H2) filters, cleaner, purifier – **prescription required.**
32. Therapy animals, training, care and maintenance.