

What is Preventive healthcare?

According to the Swedish Tax Authority SIPRI can pay an employee's expenses for basic exercise and other wellness/preventive healthcare activities as a tax-free benefit. This provides that the payment relates to the benefits that meet the criteria for tax-free sports and fitness activities.

An employee at SIPRI can be reimbursed costs for preventive healthcare up to a limit of maximum 1500 SEK. The employee makes the claim for this expense in Flexdata and leaves the signed print out to Helena. This benefit is paid in proportion to the length of the employment.

What is possible to receive compensation for? This is some examples of what the Tax Authority lists as approved activities:

- Gymnastics, weight lifting, spinning, racket sports such as table tennis, tennis, badminton or squash, team sports such as volleyball, handball and bandy.
- Simpler forms of exercise dance like bug, folk dance, square dance and jazz dance.
- Tai chi, quigong, nutrition advice, information on stress management and prophylaxis courses for parents to-be.
- 'Office massage' which means treatments that are relaxing or seeks to prevent and counteract soreness and stiffness of shoulders, arms, neck or back that may arise in connection with repetitive work. Besides regular bodymassage it may be rose-therapy, acupuncture, kinesiology, zone therapy and floating. Also simpler kind of pedicure or foot massage could be considered.
- Courses on smoking cessation but not nicotine products.
- Courses with elements of individual dietary and exercise counseling if the offer addressed to all employees.

The whole list can be found here: [Skattefria förmåner](#)

This is *not* accepted as a tax-free benefit:

- Training with personal trainer.
- Sports that doesn't involve exercise in the sense of physical exercise such as pistol shooting, agility, bridge, chess and choir with the exception of choral singing in the workplace. Neither fishing, rock climbing or other outdoor activities and nature experiences.
- Sports that require expensive equipment or peripherals such as golf, sailing, horseback riding and downhill skiing are also not covered by the tax exemption.

The whole list can be found here: [Ej skattefria förmåner.](#)