



MAKING THE MOST OF YOUR

Wellness Spending Account



Contact us: benefits@asebp.ca | 1-877-431-4786 | asebp.ca

Your Wellness Spending Account (WSA)* is a useful complement to your regular health benefits that helps you optimize your well-being. You and your dependants can use the taxable dollars allocated to your account to pay for a range of wellness-related expenses not covered under your ASEBP or provincial health care insurance plan. Eligible expenses touch upon the many contributing factors of your overall health—think physical, social, occupational and everything in between.

NEW TO WSAs?

Review these simple tips and you'll be using your WSA like a pro in no time:

1. If you haven't already, use your ASEBP ID card to register for a My ASEBP account at my.asebp.ca and make sure to add your banking information—you'll need this in order to be reimbursed for your eligible WSA claims.
2. Visit the Spending Accounts page under the My Benefits tab on asebp.ca to learn about best practices for managing your account, allocations and important deadlines.

DID YOU KNOW?

Did you know that in addition to the sections that follow, the items and services on this list can also be claimed through your WSA?

- Expenses for commuting to and from work (e.g. air fares, bus passes, parking, etc.)
- Humidifiers
- Massage products (e.g. chairs, rollers, neck massagers, etc.)
- Over-the-counter medications, supplements and vitamins with a Natural Product Number (NPN) printed on the label (e.g. vitamin D, ginkgo biloba, etc.)
- Pillows for back and neck care

To keep up-to-date on eligible expenses and for more information, regularly check the Spending Accounts page of our website.

TIP: Remember to submit your WSA expenses incurred between September 1 and August 31 before October 30.

**Our WSA program is currently in pilot (approved until August 31, 2019) and expense categories and eligibility are subject to change.*



HEALTH SUPPORT, FITNESS AND SPORTS ACTIVITIES AND EQUIPMENT

Your WSA also provides support for physical activity-related expenses, which is not only great for your body—it gives your mind a workout too! Your WSA can cover claims that help you and your dependants maintain your physical health such as:

- Athletic footwear
- Certified instruction for a physical activity over and above the facility fees (e.g. personal trainer)
- Home exercise fitness equipment
- Instructed fitness classes (e.g. drop-in fees, passes, etc.)
- Monthly or annual fitness centre fees
- Sports equipment (e.g. helmets, skis, etc.)
- Sports league/facility fees
- Wellness-related programs like weight and nutrition counselling (e.g. a nutrition or meal plan purchase, membership fees, etc.)

Examples of athletic expenses **not covered** by your WSA include accessories, bags, clothing, food, kitchen products and weight loss or meal replacement supplements.

TIP: Make sure to include the word “athletic” or “running” when claiming your athletic footwear.



TECHNOLOGY

Let your WSA help you get technical. You and your dependants can use your WSA for expensing things like:

- Business-related software
- Computers
- Hardware
- Internet services
- Maintenance
- Repairs
- Smartwatches (e.g. Fitbit, Apple Watch, etc.)
- Tablets
- Upgrades
- Virus software

Examples of technological expenses **not covered** by your WSA include cameras, cell phones, gaming computers, paper and toner/cartridges.

***TIP:** You can submit your WSA expenses on-the-go through the My ASEBP Mobile App.*



FAMILY CARE

Your WSA also has your family covered! In addition to what's already listed, your WSA can assist you when it comes to family care-related expenses, including:

- Caregiver support programs
- Child care* (e.g. day/home care, nannies)
- Long-term care facilities
- Rehabilitation centres
- Retirement/nursing homes

Examples of family care-related expenses **not covered** by your WSA include lessons or activities for your dependants not related to child care or physical fitness (e.g. piano or art lessons).

***TIP:** Be specific when submitting your expense—the top reason claims are declined is because there's not enough information.*

**These services are only eligible when provided by a third party (e.g. not a family member).*



PROFESSIONAL DEVELOPMENT

Your WSA can financially assist you and your dependants to pursue professional development through continuing education. Types of expenses covered include:

- Books or texts required for a course, seminar, conference or class
- Course travel
- Courses, seminars, conferences or classes provided by an accredited educational institution and related to professional development
- Professional fees or registrations and/or voluntary association fees related to your career
- Professional journals and subscriptions directly related to the enhancement of skills, job competencies, etc.

Examples of professional development expenses **not covered** by your WSA include classroom decorations, office supplies and any classroom or correspondence course provided by a non-accredited institution.

TIP: Remember to keep your receipts as they're required for most WSA expense submissions.

