



MAKING THE MOST OF YOUR

Wellness Spending Account

WSA 1 (OTHER EDUCATION WORKERS)



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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. 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 My ASEBP at my.asebp.ca. Make sure to add your banking information—we can't pay your WSA claims without it!
2. Visit asebp.ca for more examples of eligible expenses, as they aren't all listed here. You can also learn about credit allocations, important deadlines and best practices for managing your WSA.

TRANSPORTATION

Your WSA can help you and your dependants get where you need to go. Use your WSA to cover expenses associated with commuting to work, including:

- Parking fees
- Transit passes

Examples of transportation expenses **not covered** by your WSA include gas and daily parking fees not associated with work.

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





HEALTH SUPPORT, FITNESS AND SPORTS ACTIVITIES AND EQUIPMENT

Your WSA provides support to you and your dependants for overall well-being and physical activity expenses, which is not only great for your body but gives your mind a workout, too! Some examples of eligible expenses include:

- Home exercise fitness equipment*
- Fitness centre fees and instructed classes (e.g. monthly fees, passes, etc.)
- Sports league/facility fees
- Wellness-related programs like weight and nutrition counselling (e.g. a meal plan purchase, etc.)
- Over-the-counter medications, supplements and vitamins with a DIN or NPN printed on the label (e.g. vitamin D, ginkgo biloba, etc.)
- Sports equipment required for a physical activity (e.g. skis, helmets, hockey equipment, athletic footwear, etc.)
- Specific types of Personal Protective Equipment including masks and face guards/shields

Examples of athletic expenses **not covered** by your WSA include food (unless it is submitted with a weight management program or purchased in consultation with a dietician), sanitizers and kitchen products.

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

**Be sure to specify the type of home exercise fitness equipment when submitting your expense.*



TECHNOLOGY

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

- Business-related software
- Computers
- Hardware
- Internet services
- Maintenance
- Repairs
- Smartwatches (e.g. Fitbit, Apple Watch, etc.)
- Software (e.g. virus protection, desktop publishing, etc.)
- Tablets

Examples of technological expenses **not covered** by your WSA include video games, shipping and handling fees.

***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! Your WSA can assist you when it comes to family care expenses including:

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

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

**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 in pursuing professional development through continuing education. Types of expenses covered include:

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

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