



MAKING THE MOST OF YOUR

Wellness Spending Account

WSA 2 (TEACHERS)



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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.

HEALTH-RELATED TECHNOLOGY

You can use your WSA to claim wearable items that either measure your fitness activity or are primarily focused on fitness or health. Some examples of items that are covered include:

- Fitness and health-related apps
- Smartwatches, such as Fitbit and Apple Watch

Examples of health-related technological expenses **not covered** by your WSA include shipping and handling fees.

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

**Shipping/handling fees are not eligible for coverage under any category of your WSA.*



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.*



FAMILY CARE

Your WSA also has your family covered! Your WSA can assist you when it comes to family care expenses. Some examples include:

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

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

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