



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 to learn about best practices for managing your WSA, credit allocations and important deadlines.

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. Things 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 and warranties* (e.g. AppleCare).

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

**Shipping/handling fees and warranties 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 physical activity expenses, which is not only great for your body but gives your mind a workout, too! Eligible expenses include:

- Home exercise fitness equipment
- Fitness centre fees and instructed classes (e.g. monthly fees, passes, etc.)
- Humidifiers
- Sports league/facility fees
- Wellness-related programs like weight and nutrition counselling (e.g. a meal plan purchase, membership fees, etc.)
- Over-the-counter medications, supplements and vitamins with a DIN or NPN printed on the label (e.g. vitamin D, ginkgo biloba, etc.)
- Massage products (e.g. chairs, rollers, neck massagers, etc.)
- Pillows for back and neck care

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.



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

Examples of family care 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 not enough information is provided.*

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