



### 1. Employee information

Last name		First name		Alberta Blue Cross ID number
Address				Group number <b>18953</b>
City	Province	Postal code	Telephone number	

### Taxable categories

- Health support
- Professional development
- Personal computing and mobile digital devices
- Fitness and sports activity
- Professional development travel
- Personal interest
- Fitness and sports equipment
- Family care
- Work from home

### 2. Claim submission details (remember to attach supporting receipts)

Expense description	Taxable category (from above)	Date of service (YYYY-MM-DD)	Amount claimed
(NOTE: If additional space is required, please fill out an additional claim form)			<b>Total claim:</b>

### 3. Employee consent and declaration

I certify that the information contained in this and other documents supporting this claim is complete and true. **By submitting this form, I understand that I am requesting payment be made for the above expenses, in accordance with my Wellness Spending Account.**

I understand that the personal information provided herein, as well as any other personal information currently held by Alberta Blue Cross about me and eligible dependents will be used to determine eligibility for this benefit, verify, assess and pay claims, and administer my Wellness Spending Account. I certify that I am authorized by my spouse and/or dependents to disclose and receive information about them that is used for these purposes. I understand that the personal information will be kept confidential and secure. I understand that I may revoke this consent at any time and acknowledge that should I do so, this claim may not be considered. I understand why the personal information is needed and am aware of the risks and benefits of consenting or refusing to consent to its disclosure. I have read and understood this Employee Consent and Declaration.

Signature of subscriber (required)	Date (YYYY-MM-DD)
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This consent is obtained in accordance with Alberta's Health Information Act, Alberta's Personal Information Protection Act and the federal Personal Information Protection and Electronic Documents Act.

**Please send this completed form and receipts to**

**Alberta Blue Cross**  
10009 - 108 Street NW  
Edmonton, Alberta T5J 3C5

Questions about your  
Wellness Spending Account can be directed to  
**Alberta Blue Cross at 403-234-9666 or 1-800-661-6995**

**Alberta Blue Cross accepts claims submissions online. Visit [ab.bluecross.ca](http://ab.bluecross.ca) to sign in and manage your benefits.**

# Wellness Spending Account

The taxable portion of your Wellness Spending Account provides an innovative means to support all aspects of your well-being and provides a broad range of opportunities to maintain and enhance your wellness.

## Health support

*Products and services that improve health and well-being*

- Smoking cessation programs
- Stress management programs
- Weight management program fees
- Nutritional counselling
- Natural health products
- Nutritional and protein supplements and meal replacements

## Fitness and sports activity

*Participation in physical activity that promotes good health*

- Fitness club membership
- Sports league or team membership
- Physical activity fees (for example, gym drop-in fees or lift tickets)
- Instruction for physical activities/lessons (for example, a personal trainer or yoga classes)

\* Excludes equipment purchase or rental

## Fitness and sports equipment

*Purchase of fitness and sports equipment that promotes good health*

- Fitness equipment (for example, a treadmill or elliptical)
- Athletic footwear
- Sports equipment (for example, hockey sticks, skates and pads or a bicycle helmet)

\* Excludes clothing

## Personal computing and mobile digital devices

*Products and services for personal computing, planning, scheduling and communication*

- Computers and peripherals
- Non-gaming software
- Computer equipment repairs
- Internet services and data usage fees
- Cell phone
- Service and usage fees
- Cell phone accessories
- Digital devices that can access the internet (for example, an iPad or iPod Touch) as well as "E-Readers" and "GPS"

\* Exclusion: MP3 players without internet connection, gaming (consoles, equipment and games) and printer paper.

## Family care

*Attendant care and facility costs*

- Home care
- Elder care
- Day care

## Personal interest

*Supporting continuous learning in personal interests*

- Photography courses
- Art classes and supplies\*
- Pottery classes and supplies
- Text books associated with personal interest courses

\* Only supplies that are included as part of the course fee are eligible. They are not considered eligible when purchased outside of the course fee.

## Professional development

*Supporting continuous learning and career development*

- Professional membership fees
- Courses, seminars, conference or class (for example, fees, books, texts, software, etc.)

## Professional development travel

*Supports travel associated with professional development activities*

- Transportation to courses and seminars
- Hotel accommodation
- Parking
- Meals (receipts are required)

## Work from home

*Products and supplies required to establish/maintain a work from home environment.*

- Office supplies
- Desk chair
- Desk
- Web cams
- Shredder
- Ergonomic equipment/devices

\* Example: standing desk, lumbar/wrist/foot support, laptopstand.

- Eligible expenses within each category are not limited to the examples listed.
- Excludes products and services deemed a non-taxable Medical Expense by CRA. Payments are subject to personal income tax.

