Please note the product category listings of included products and services are examples only and are subject to change.

For up-to-date information about eligible products and services, please call Alberta Blue Cross Customer Services at 403-234-9666 (Calgary and area) or toll-free at 1-800-661-6995.

### Health support: Products and services that improve health and well-being

**Examples of eligible products or services**
- Cosmetic procedures
- Health assessments
- Natural health products (for example, vitamins and minerals)
- Nutritional counselling
- Meal replacement bars and protein powder
- Pre-natal classes
- Smoking cessation programs (including smoking cessation audiobooks)
- Stress management programs
- Weight management program fees

### Fitness and sports activities: Participation in physical activity that promotes good health

**Examples of eligible products or services**
- Fitness club memberships
- Physical activity fees (for example gym drop-in fees and lift tickets)
- Sports league or team memberships
- Instruction for physical activities
- Facility fees for eligible activities
- Registration fees for athletics, physical fitness, health and wellness events and sports leagues

### Fitness and sports equipment: Purchase of fitness and sports equipment that promotes good health

**Examples of eligible products or services**
- Purchase or rental of fitness equipment (for example, treadmill, elliptical)
- Purchase or rental of sports equipment (for example, hockey skates, sticks and pads and bicycle helmet)

### Professional development: Supporting continuous learning and career development

**Examples of eligible products or services**
- Courses, conferences and seminars
- Liability insurer
- Professional membership fees
- Software and books for professional development courses

### Professional development travel: Supports travel associated with professional development activities

**Examples of eligible products or services**
- Transportation to course or seminar
- Parking
- Hotel accommodation
- Meals

### Personal computing and mobile digital devices: Products and services for personal computing and mobile communication

**Examples of eligible products or services**
- Computers and peripherals (hardware)
- Computer equipment repair
- Internet connection devices and Internet services
- Software
- Cell phone and accessories
- GPS (car or hand-held)
- Personal Digital Assistant (PDA) and software
- Service and usage fees

continued next page
## Family care: Attendant care and facility costs

<table>
<thead>
<tr>
<th>Examples of eligible products or services</th>
<th>Family care</th>
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<tbody>
<tr>
<td><strong>Child care</strong></td>
<td><strong>Family care</strong></td>
</tr>
<tr>
<td>• Day camps and day programs</td>
<td>• Caregiver support programs</td>
</tr>
<tr>
<td>• Daycare</td>
<td>• Elder care and counselling</td>
</tr>
<tr>
<td>• Nannies</td>
<td>• Guide dogs</td>
</tr>
<tr>
<td></td>
<td>• Home care</td>
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<td></td>
<td>• Home installed supportive aids</td>
</tr>
<tr>
<td></td>
<td>• Lifts</td>
</tr>
<tr>
<td><strong>Family care</strong></td>
<td><strong>Personal interest: Supporting continuous learning through personal interest courses.</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Examples of eligible products or services</strong></td>
</tr>
<tr>
<td></td>
<td>• Long-term care facilities</td>
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<tr>
<td></td>
<td>• Medical supplies</td>
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<td></td>
<td>• Nursing care and nursing homes</td>
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<td></td>
<td>• Rehabilitation centre</td>
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<td></td>
<td>• Respite care</td>
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<td></td>
<td>• Travel expenses (if required for family care)</td>
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</tbody>
</table>

## Personal interest: Supporting continuous learning through personal interest courses.

<table>
<thead>
<tr>
<th>Examples of eligible products or services</th>
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</thead>
<tbody>
<tr>
<td>• Art classes and supplies*</td>
<td></td>
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<tr>
<td>• Driving instruction</td>
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</tbody>
</table>

*Supplies are only covered when included within the course fee. They are not considered eligible when purchased outside of the course fee.

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<tbody>
<tr>
<td>• Photography courses</td>
<td></td>
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<tr>
<td>• Pottery classes and supplies</td>
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<tr>
<td>• Textbooks and required supplies for personal interest courses</td>
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</tbody>
</table>

## Work from home: Products and supplies required to establish/maintain a work from home environment.

<table>
<thead>
<tr>
<th>Examples of eligible products or services</th>
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<tbody>
<tr>
<td>• Office supplies</td>
<td></td>
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<tr>
<td>• Desk chair</td>
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<tr>
<td>• Desk</td>
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<tr>
<td>• Web Cams</td>
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<tbody>
<tr>
<td>• Shredder</td>
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<tr>
<td>• Ergonomic equipment/devices (Example: standing desk, lumbar/wrist/foot support, laptopstand)</td>
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</tbody>
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