



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

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**Family care: Attendant care and facility costs**

**Examples of eligible products or services**

**Child care**

- Day camps and day programs
- Daycare
- Nannies

**Family care**

- Caregiver support programs
- Elder care and counselling
- Guide dogs
- Home care
- Home installed supportive aids
- Lifts
- Long-term care facilities
- Medical supplies
- Nursing care and nursing homes
- Rehabilitation centre
- Respite care
- Travel expenses (if required for family care)

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

**Examples of eligible products or services**

- Art classes and supplies\*
- Driving instruction

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

- Photography courses
- Pottery classes and supplies
- Textbooks and required supplies for personal interest courses

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

**Examples of eligible products or services**

- Office supplies
- Desk chair
- Desk
- Web Cams
- Shredder
- Ergonomic equipment/devices (Example: standing desk, lumbar/wrist/foot support, laptopstand)