**University of Calgary**  
**Wellness Spending Account (WSA)**  
**Product Categories**

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

For current 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 wellbeing*

**Examples of eligible products or services:**
- Cosmetic procedures
- Health assessments
- Natural health products (e.g. vitamins, minerals)
- Nutritional counseling
- Meal replacement bars and protein powder
- Pre-natal classes
- Smoking Cessation programs (including smoking cessation CDs)
- 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 (e.g. gym drop in fees, 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, 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 (e.g. treadmill, elliptical)
- Purchase or rental of sports equipment (e.g. hockey skates, sticks and pads, bicycle helmet)

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

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

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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

Computer products 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

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