



# Benefit Plan (ASEBP) Information

*When you were hired, you were registered in the ASEBP benefit plan. We want you to have all of the information you require in order to take full advantage of the ASEBP benefits you are entitled to.*



## About Your Benefits

To assist you in understanding details of your plan entitlement, how to submit claims, the Health Spending Account, please consider, if you have not yet done so, signing up online with ASEBP, at [www.asebp.ab.ca](http://www.asebp.ab.ca).

The website provides valuable information about your specific benefits, including the claim forms that you can print from the site, and so much more. If you have questions about the plan, you should contact ASEBP directly at the contact information on their site.

## ASEBP Links:

Below are quick links for your assistance. To go directly to the ASEBP website, click the thumbnail below

[ASEBP Benefit Handbook](#)

[How to register at ASEBP](#)

[Northland's plan checklist](#)

[Claim forms](#)

[Health and Wellness Spending Accounts Guide](#)

[Health and Wellness Spending Accounts Guide](#)



**If you have any questions please contact:**

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