

# Health and wellness benefits

for EISCAT Headquarters staff

## Wellness allowance

5000 SEK / year

The wellness allowance is only valid throughout the calendar year. The amount resets by the start of the new year. The allowance can't be saved, transferred to next year or exchanged for cash.

The wellness allowance can only be used for services that are approved by Skatteverket:

- simpler activities with an element of exercise.
- treatment that relieves stress or counteracts soreness and stiffness (e.g. massage).
- dietary advice and counselling in connection with smoking cessation.

You may not use the wellness allowance:

- to rent or buy equipment.
- For membership fees, theory courses, diplomas, health care, medical care or beauty care.

If the wellness allowance is misused, you will need to pay benefit tax for the entire amount.

Read more in: [Skatteverket friskvård](#)

## Wellness service provider

EISCAT has decided to use the wellness portal, **E-passi**, to provide the wellness allowance for all Headquarters staff.



## E-passi

You can use [E-passi](#) as an app in your smartphone or login to the website. You can use BankID or create a login with your e-mail address to access the portal. In the app you can use locations services or search for location to find gyms, massage parlours, yoga studios or other suppliers near you. All services provided in the app is approved by Skatteverket.

App Store: <https://apps.apple.com/fi/app/epassi/id651335156>

Google Play: <https://play.google.com/store/apps/details?id=fi.eventbrokers.sporttipassimobile&pli=1>

Login for website: <https://services.epassi.se/ui/login>

In the E-passi portal you can pay directly with your wellness allowance. Follow the instructions in the portal. The amount you use is deducted directly from your wellness allowance and you have a clear view of how much you have left to spend.

## Non-connected suppliers

If you would want to use your wellness allowance in a facility that is not connected to E-passi, you can. Doing this you have to pay by yourself and get refunded by EISCAT. To minimize administration, you will get refunded for your expenses **once a year**.

- Pay for the service as you usually would.
- Save the receipt.
- Fill in the form: [Reimbursement of expenses form](#) and attach the receipt.
- Hand in the form and the receipt to Emma as soon as possible.

The amount of the receipt will be deducted from your wellness allowance in E-passi as soon as possible to allow you to see the correct sum in the wellness portal. Be sure that you only pay for approved activities and services. Otherwise your claim will be rejected.

Hand in your receipts and claims latest by **Friday 8 December, 2023**.

You will be reimbursed for your wellness expenses before the year end.

### Tip E-passi

If you want to use a supplier that is not connected to E-passi you can tip E-passi via their website: <https://www.epassi.se/sv/anstalld/friskvard/leverantorstips?hsLang=sv> E-passi will contact companies and service providers to increase the variety of services included in the portal, making it more relevant to you and your needs.