

BENEFITS OF ACTIVELY PARTICIPATING IN YOUR TREATMENT PLAN

- Keeps you active and provides a sense of purpose
- Minimizes the impact of injury on you and your family
- Shifts the focus from what you can't do to what you can do
- Maintains your sense of confidence
- Keeps you in touch socially and physically with your workplace

For more information visit
wcb.ns.ca/workingtowell or
call us toll-free at 1-800-870-3331.



WORKER'S REFERENCE GUIDE

WHAT TO DO IF YOU'RE INJURED AT WORK

1. Report the injury to a supervisor at your workplace immediately
2. Seek health care right away
3. With your supervisor, fill out a WCB injury form
4. Your employer, health care provider and WCB case worker will develop a plan to support your return to the workplace, in the event your injury is severe enough to be off work
5. Sign up for WCB Online so you can monitor your claim process and payments, submit forms, send secure messages to your case worker, sign-up for direct deposit, and more.

WORKING TO WELL TIPS

- Work can be a healthy part of recovery.
- It's good to stay connected to your boss and co-workers, and them with you.
- Early and active participation in your treatment plan will help you heal and get back to regular routines sooner.
- Keep your WCB case worker informed of any changes to your plan, including cancelled or missed appointments, and circumstances at your workplace that may impact your plans to return.

FINDING A HEALTH CARE PROVIDER

The majority of workplace injuries are sprains and strains. If it's likely your injury is a sprain or strain, a physiotherapist or chiropractor can assess it and put you on the path to recovery right away. If they suspect something more serious, you'll be sent to your doctor.

A list of WCB-approved health care providers for a wide range of specialty services across Nova Scotia can be found at [wcb.ns.ca/Direct Access](http://wcb.ns.ca/DirectAccess). Your employer may refer you to one, or you can choose from the list provided on our website.

Seeking immediate treatment will help you get back to your regular routines safely and sooner.