

Let's help  
you get  
back to  
being you.

Sorry to hear you were hurt at work. The good news is, you've taken the first step toward getting back. And that's part of getting better.

This clinic is a WCB-approved service provider. That means we work with you and your care team here to support you as you recover.

In no time, you'll be on the road to recovery and back to your pre-injury job duties.

Your clinician will speak with you about transitional work, which is safe and healthy work you can do now. An important part of your recovery process is focusing on what you can do, not what you can't. Talk to your employer about work that may be safe for you to start doing right away.

We're here for you, and we will be in touch soon.

**WORK SAFE.  
FOR LIFE.**

WORKERS' COMPENSATION BOARD OF NOVA SCOTIA

**WORKING  
TO WELL**

## Here are some things you can do to help you get back:

- If you haven't already, report your injury to your employer.
- Be sure to sign up online to stay in touch with your caseworker, submit expenses, and follow your claim: **wcb.ns.ca/WCOnline**. 
- If you have questions, feel free to call us at any point. We're here to help. Contact us at **1-800-870-3331**.

Learn more about how most Nova Scotians like you miss very little time from work, and how we will help: **wcb.ns.ca/Working-to-Well**.

