

STARTING THE CONVERSATION:

Recovering at work after an injury

FOR INJURED EMPLOYEES

1

Sharing information

My injury happened when I... I've told.... about it.
My GP said... and I'll be having [treatment or follow-up appointments].

I'll send you a copy of my medical certificate.
We'll plan what duties I might be able to do.

I'll give my employer my consent to talk with ACC and/or my GP about my injury and recovery in relation to work.

3

Recovery updates

I have access to MyACC and I've asked for [support]

My next appointment is ... My treatment schedule is...

I have/haven't talked to ACC about...



2

Staying connected

I'll let you know my progress and next steps so we both know what's happening.
I'll give you any updated medical certificates right away.

I'm keen to stay connected with my work mates and workplace, please let me know what's possible.

4

Recovering at work

I'm improving.

I want to be at work, what's possible?

I'll take the list of jobs/tasks to my GP to sign-off, so I'm fit for some duties and I can be at work safely while I recover.

If we need help to figure this out, ACC will help.



He Kaupare. He Manaaki.
He Whakaora.
[prevention.care.recovery.](http://prevention.care.recovery)

Think about what your GP has advised and offer suggestions about the tasks you think you can do while you recover. Consider the tasks you do day-to-day. Keeping up your work habits and tasks, within your capabilities, will help with your recovery. You or your employer can ask ACC for help at any time. Call 0800 101 996 and have your claim number handy. You're still entitled to financial support while you recover at work.