

Introduction to WorkCare's Virtual Industrial Athlete Program

Your employer retains WorkCare, a U.S.-based occupational health company, to provide 24.7 telehealth triage for work-related injuries, illnesses and physical discomfort. You may refer to the program as Incident Intervention® or by another name, such as Nurse Call Line. The program is designed to provide the right care, at the right time, in the right setting. The Incident Intervention team includes occupational health nurses and physicians who will assess your condition and provide care guidance.

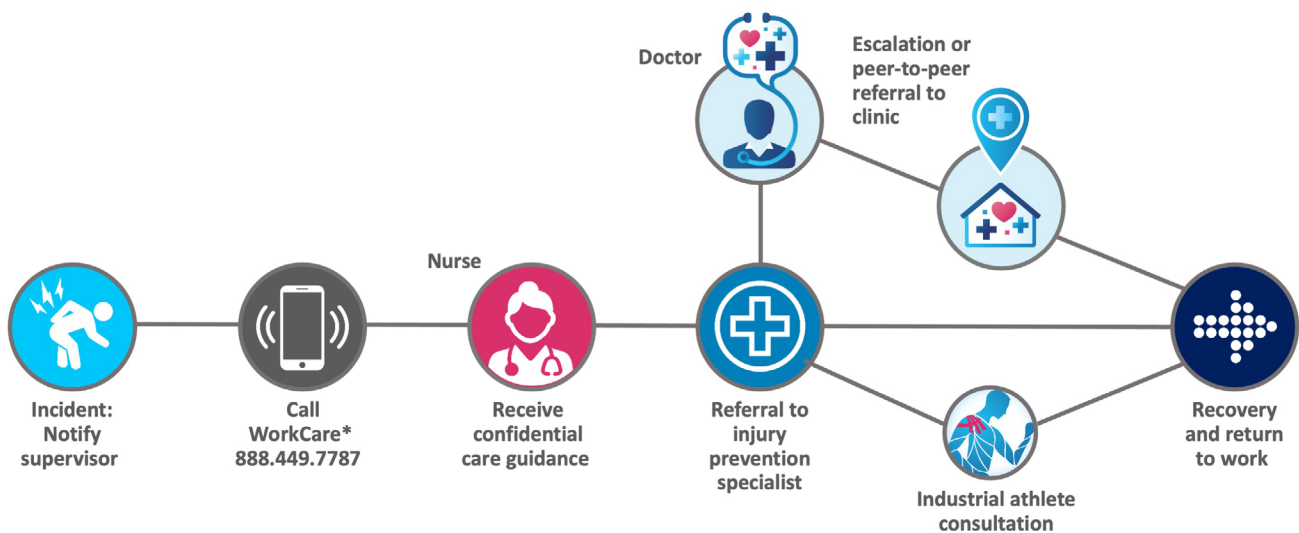
Injury Prevention Specialists

Our Industrial Injury Prevention Specialists have education and experience in sports medicine,

ergonomics, safety and wellness. If you have a work-related sprain, strain, joint pain or other musculoskeletal complaint, work-related physical discomfort, you may opt to be referred for a virtual consultation with a Specialist for coaching to help relieve symptoms and prevent injuries in the future.

What to Do

Follow the same directions you have already been given to contact Incident Intervention. If the evaluating clinician determines you would benefit from a Prevention Specialist virtual consultation, and you agree, your referral will be expedited. You will use a secure communications platform when you connect with the Specialist.



What Happens on Follow-up?

The Incident Intervention team can connect you with an occupational physician, as needed, until your case is closed by WorkCare or you have been referred to a local medical provider. In addition, you will be offered access to WorkCare's Stretch & Flex program to promote return to full function and support your overall health and well-being.

Questions? Contact your supervisor.

For Best Results...

- Comply with self-care recommendations.
- Program WorkCare's call-back number in your mobile phone so you don't miss follow-ups.
- Take good care of yourself – get regular exercise, eat nutritious foods, stay well-hydrated and get quality sleep.