

WORKER RECOVERY KIT

Your guide to an active recovery

We are here to support you with your return to health and your return to work.

Your return to health and work will include medical support guided by your doctor as well as your active participation in your recovery.

And did you know...It is well documented that work is generally good for health and well-being, and the process of 'doing' promotes recovery.



ACTIVE RECOVERY

To ensure a successful and sustainable recovery we recommend you play an active role. **Active participation** means making all reasonable efforts to participate in treatment, rehabilitation and where supported by your doctor, return to work in your pre-injury employment or to other suitable employment.

HOW TO BE AN ACTIVE PARTICIPANT:



Have a plan and let's work together

Work with your Allianz case manager, employer and your doctor to develop your personal plan for recovery and return to work. Your doctor will support you in this process by guiding your treatment and indicating your capacity to perform work. Your plan for work may include parts of your job which you were doing before your injury, completing the same role on reduced hours, or different duties altogether.



Get the right treatment

You will need to complete treatment programs as recommended by your doctor and other treating health professionals, which may include attending medical and rehabilitation appointments.



Participate in assessments

At times, Allianz may arrange appointments to assist us with assessing your injury, treatment and your ability to return with your pre-injury employer or to find new employment. These assessments may include :

- Medical appointments with independent, qualified & licensed medical practitioners and specialists
- Occupational, workplace and vocational assessments with licensed third party providers



Keep us updated

It's important we can keep in touch with you and act quickly if your circumstances change. Let us know if any of the following things change:

- Your personal details
- Your employment status
- Your medical or treatment providers
- Your capacity to perform work (whether this reduces or increases)

COMMITTING TO YOUR RECOVERY

Setting goals and committing to them can support your recovery. Evidence shows that making commitments publicly or to another person strengthens the chance of you sticking to your goals.

Take time to consider some things you would like to commit to during your recovery and:

- Talk about these with your family, friends, doctor, employer or your Allianz case manager.
- Document your commitments using the template here.
- Display your commitments somewhere you will see them every day as a good reminder of the commitment you've made, i.e. on your fridge.

YOUR COMMITMENTS

Commitments should be personal, relevant to your recovery and in-line with medical advice from your doctor. So please ensure you speak with your doctor to understand what you can do. Below are just some examples of possible commitments:

- I will complete physiotherapy exercises every day for 15 minutes.
- I will attend hydrotherapy three times a week.
- I will call or visit work at least once a week.
- I will walk the dog every night for 30 minutes.
- I will increase my hours at work to 15 hours over the next four weeks.
- I will do the vacuuming once a week.
- I will mow the lawn all in one day.

ABOUT YOUR COMMITMENTS

We suggest you continually review and update your commitments as you progress through your recovery.

If you need help understanding what you can do, please speak to your doctor.

The information contained in this brochure is current as at March 2021.

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