



# There's a better place to recover from an injury.

## Returning to work sooner can be the best medicine.

Returning to work after an injury or illness isn't always easy. But it can help you to recover sooner and return to your normal life. You don't have to wait until you're 100% recovered either. In most cases, earlier return to work after injury means earlier recovery from injury.

## Work is the best medicine

Work, in general, is good for your health and wellbeing. The benefits associated with work include:

- Improved mental health and general wellbeing
- Improved self esteem and self worth
- Improved cardiovascular health
- Stronger family relationships
- Improved financial security

## Help yourself return to work

Everyone's circumstances and experiences may differ, but actively participating in your rehabilitation will help you to get better.

Here's how you can help yourself:

- Focus on what you can do, rather than what you can't
- Stay positive, keep active and set goals for your recovery and return to work. It's well proven that keeping positive and staying active after an injury can benefit your physical recovery as well as your general wellbeing
- Start planning early to get back to work
- Keep in touch with your employer, manager, supervisor and work colleagues – there may be newsletters or updates they can send you, or meetings and training that you can go to while you recover
- Give your doctor a helping hand – talk to your doctor and your employer about the activities you can do to help you to return to work
- Keep your insurance claim manager up to date on your progress and the timeframes you've agreed with your doctor
- If you have any concerns, raise them immediately with the appropriate people
- Ask for help and information when you need it

## Getting support or assistance

Here is a list of people you can talk to:

- Your GP or other health practitioners involved in your treatment
- Your Claims Manager
- The Return to Work coordinator at your workplace
- Family and friends or a person you have nominated to assist, support or represent you
- **WorkSafe Advisory Service**  
Ph: (03) 9641 1444 or  
1800 136 089 (toll free)
- **TAC Customer Service Centre**  
Ph: 1300 654 329 (local call)  
1800 332 556 (toll-free outside the Melbourne metro area)



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