



Return-to-work checklist

One of the main goals of the workers' compensation system is to help you return to work as soon as possible after your work-related injury. During your recovery, staying active and continuing to follow your doctor's instructions will help you heal faster. Use this checklist to help you stay at work or return to work.

Your doctor

- Give your doctor this information:
 - Your workers' compensation insurance carrier's name and your claim number. If you do not have this information, ask your employer for it.
 - The Division of Workers' Compensation's (DWC) claim number.
 - Your workers' compensation insurance adjuster's name and phone number. If you don't have this information, ask your employer for it.
 - Your employer's name, address, and phone number where you work.
- Go to all of your medical appointments.
- Tell your doctor about the activities you do at your job.
- Make sure you understand what tasks, functions, and activities you can and can't do while you heal.
- Follow your doctor's instructions.

Your employer

- Talk to your employer about whether there is work you can do while you recover.
- Give your employer your doctor's name and phone number.
- Follow your employer's rules about work-related injuries.
- Talk to your employer often about your recovery and the kinds of work you can do.

The insurance carrier

- Give the insurance carrier or adjuster your address and phone number.
- Call the insurance carrier or adjuster if your ability to work or your pay changes.

If you have questions, call DWC customer service at 1-800-252-7031, Monday to Friday, 8 a.m. to 5 p.m. Central time.