

## How to Minimize Life & Work Disruption Due to Work Related Injury or Illness

Source: 60 Summits ([www.60summits.org](http://www.60summits.org))

*OHSU does not ever want any of their employees sustaining an injury or condition related to their employment but in the event this does occur we want to acknowledge that we understand that it may cause a life and work disruption.*

Are you curious about what to do when you are suddenly faced with a medical condition that is affecting your work? Here is 60 Summits advice on how to handle that situation:

Here is what to do if you want to feel better, get your daily life back to normal, and manage your benefits as smoothly as possible.

**1. Ask questions until you understand.**

You deserve to know what is going on. Ask questions if the doctor says something you do not understand. Do your part to take care of yourself and get well by learning about your medical problem and details about your treatment. Even if the medical staff seems rushed, remember that THEY are there to serve YOU. The same goes for your claim adjuster at Saif Corporation. You are their customer.

**2. Keep good records.**

Keep all your documents organized and in one place electronically or in a folder.

**3. Ask your doctor what you can do – and when.**

Ask the doctor what you can do to help yourself get better. At every visit please take the Attending Physician Packet and discuss with your doctor what you can safely do now – both at home and work. These things will change over time.

**4. Stay active.**

Solid medical research shows that recovery is often more rapid and complete when people keep their daily routine as normal as possible during recuperation. Being active also tends to prevent, slow the progress of, or cure chronic conditions. However, be sure to stay within the restrictions your doctor has given you.

**5. Tell people exactly what happened.**

Make sure to tell your doctor and Saif Corporation exactly what is causing your problem. Also be sure to tell your supervisor/manager when and how you got hurt as soon as possible. What you say can change the decisions the doctor and Saif Corporation make about your diagnosis or treatment. Telling your supervisor/manager can assist in determining what needs to be done to protect you and your co-workers in the future. And, being clear about all the details will speed up decisions about your benefits.

**6. Keep in touch with your supervisor/manager.**

If you are not working, call your supervisor/manager at least once a week and after every doctor's appointment. Please also call Judie Honda at 503-494-2451 after every doctor's appointment if you are not released to regular work.

**7. Keep in touch with Risk Management.**

If you are wondering or are uncertain about your benefits start by asking Judie Honda in Risk Management at 503-494-2451 or talking with the claim adjuster assigned to your claim at Saif Corporation at 1-800-285-8525. Keep them up to date about your medical appointments, changes in your work status, and any other events. They can help you get the medical care you and any other benefits you are due – and can help you get daily life back to normal.

**8. Take care of your mind as well as your body.**

If coping seems difficult or your recovery is slower than expected, remember that people's minds and bodies are connected. Your mental health affects your ability to bounce back. Think about what might be getting in the way. It might be concerns about the future, or family, money, or workplace issues, or your view of the situation. Try to keep medical issues separate from non-medical ones. You can ask for help from your doctor, supervisor, Risk Management, or Saif Corporation in dealing with whatever else is going on.

**9. Be flexible.**

Don't get discouraged, be patient and flexible. Keep in mind that the ability to function like you did before tends to return step by step. Most likely you can find a way to work around difficulties for a while. Focus first on restoring your ability to function normally. Relief of symptoms often takes a while longer.