

Getting back to work

In the event of a workplace injury, BWC's goal is to return you to your job as quickly and safely as possible. Along with your physician, employer and a team of rehabilitation professionals, we'll work with your managed care organization (MCO) to coordinate your treatment and help you get back to work, and live a normal life again.

Based on your physician's recommendations, you'll learn what you can do and what restrictions you may need to follow when you return to work. If required, you can also work less than full duty. Together with your MCO, physician and employer, you may design a return-to-work program personally tailored for your job as well as your injury.

How soon can I return to work?

Your physician and MCO will work together to determine the best possible return-to-work date for you based on your injury and the type of work you do. For example, if you are a construction worker with a broken leg, you may be off work longer than an office worker because of how the injury relates to your job.

What if I feel I'm not physically ready to go back to work?

Talk with your physician and your MCO about returning to work. Your MCO case manager may discuss various options with your employer that best meet your physical and personal needs.

Rehabilitation professionals will work with your employer to make sure he or she doesn't ask you to perform job tasks you just can't do right now.

How can a return-to-work program help me?

If you can return to work, but not to full duty, you may be able to work with restrictions. A return-to-work program asks that you pace yourself and not work beyond or below your limits. Rehabilitation team members will develop your program and work with your employer to find work tasks geared toward your stage of recovery. Since return-to-work programs are on-site, you'll have the added bonus of earning your full wages.





If I return to work, but not full duty, will I lose my workers' compensation payments?

Not necessarily. Your employer may elect to continue your salary. If not, BWC may supplement your pre-injury salary or you may be eligible for living maintenance compensation if you're in an approved vocational rehabilitation plan. Call your BWC claims services specialist, and he or she will answer your questions.

What happens when I'm participating in a return-to-work program?

Try to do the recommended tasks to the best of your abilities. Be open and honest with your employer and your rehabilitation team members. Let them know if you feel you can't do the program's suggested duties. Immediately report any pain symptoms or changes in your physical condition to your physician. Rehabilitation team professionals are experienced in working with injured workers, and they realize every worker progresses at his or her own pace. Based on your progress, they'll team up with your employer and physician to adjust the program.

What do I do now?

Talk with your physician, MCO and employer as soon as possible about a return-to-work program. Your MCO will coordinate your treatment plan with your physician and employer. With you as their partner, they'll do their best to help you safely return to the work force. Join our team today, and let a return-to-work program make a difference for you and your family.