

# PLANNING YOUR RETURN TO WORK

## A complimentary support service for OnePath customers.

Returning to work can be an important part of your recovery, with clear evidence that work is beneficial to people's health and wellbeing<sup>^</sup>.

We (OnePath Life) connect you with return to work specialists who can:

- engage with your treatment providers about how we can best support you to get back to work
- work with your employer to adjust or modify your duties if required
- gradually and safely return you to your workplace.

This service is provided by OnePath Life, so there is no cost to you.

## How does it work?

We will work with you to find the right return to work specialist to suit your needs.

A return to work specialist is a qualified allied health professional who is experienced in navigating the steps to get you back into your workplace. This typically involves:

- meeting with you and your employer to confirm what duties are available for you
- assessing your workplace to confirm if there are any modifications or equipment that could help you return to work
- developing a step-by-step plan to gradually increase your hours and duties
- providing ongoing support once you are back at work to ensure your role is safe and sustainable.

<sup>^</sup> OnePath is a signatory to the Health Benefits of Good Work (HBGW), an initiative of the Royal Australasian College of Physicians.



## Should I wait until I am fully recovered before I return to work?

When getting back into work, it's important you are confident and healthy enough to do your job successfully. But you don't need to wait until you're fully recovered to start planning your next steps.

We can work with you and your treatment providers to understand how and when a return to work is right for you. This may be part-time, full-time or your own business.

**For more information or to access this service, speak to your Claims consultant or email [claims.rehabilitation@onepath.com.au](mailto:claims.rehabilitation@onepath.com.au)**

## Case study

Zara was employed in a large accounting firm when she lodged an income protection claim after being diagnosed with Major Depressive Disorder.

Zara was worried about how she would continue to support her team while managing her own recovery.

We worked with Zara and her treatment providers to find the right return to work specialist.

Zara's return to work specialist then met with her and her employer and assisted her to negotiate a 6 month secondment in a project role. This allowed Zara to gradually and safely integrate back into the workplace.

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