

# How

## You Benefit from a back-at-work recovery program



Back at work recovery following an injury helps you control costs directly related to the injury and reduces the potential impact of the injury on your business as well as on the injured worker's life.

Studies show that injured workers who are allowed to return to productive work as early as possible following an injury heal faster and better than those injured workers who remain off work. The American Medical Association, the American College of Occupational and Environmental Medicine, and the American Academy of Orthopedic Surgeons all have consensus statements supporting Back-at-Work Recovery. In-

jured workers who return to work during their healing period tend to require fewer medical treatments and incur less medical expense related to the injury. Work becomes part of the medical treatment and rehabilitation and allows the injured worker to take an active role in his or her recovery.

Having an established and proactive back-at-work recovery program provides you with effective tools for managing workers' compensation costs and business costs related to lost time. Developing and integrating a back at work recovery program into routine business operations prepares everyone ahead of time in the event of an injury.

### Five Reasons to Implement a Back-at-Work Recovery Program

1. **Reduced recovery time.** Working light duty or transitional duty helps the body to keep moving.
2. **Reduced medical costs.** Back-at-Work Recovery keeps depression at bay. It can also prevent costs associated with work hardening programs.
3. **Improved employer-employee relations.** If a worker is allowed to return they feel valued and cared for. Sitting at home without contact from employer and co-workers can make them feel they don't matter.
4. **Transition back to work.** A Back-at-Work Recovery program allows for an easier transition to reacquaint the body with the essential job functions necessary to do the work. It aids the healing process and minimizes the chance of re-injury.
5. **Reduces the potential for fraud and abuse**



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