

## The Support You Need to Get Back To Work

Being sick or injured is hard enough, but when it keeps you from working, your whole life is affected. With RETAINWORKS you are assigned a team of dedicated professionals to support your recovery with stay-at-work or return-to-work strategies, following an injury or illness.



## Avoid Greater Health Risks with Return-to-Work Strategies

Even a short absence from work can take money out of your pocket. Time-loss (worker's compensation) benefits do not pay your full wage, and studies show the longer you are off work, the harder it is to go back and return to your previous wage level.

Leaving the labor force can also lead to adverse effects on your health and quality of life. Risks include:

- More severe or new health conditions such as substance abuse.
- Increased anxiety, depression, and social isolation.
- Permanent unemployment and poverty.
- A poorer quality of life.

RETAINWORKS can help you avoid these risks and get you back to work as soon as it's medically feasible.

## Is RETAINWORKS for Me?

If you experienced a recent injury, illness or exacerbation of a chronic condition that prevents you from returning to work right away, you may qualify for RETAINWORKS. This program is for people with recent injuries or illness, to include musculoskeletal injuries, mental health disorders, and chronic diseases such as Chronic Obstructive Pulmonary Disease (COPD) or Congestive Heart Failure (CHF). Conditions must be new or an existing condition that has become worse. Other qualifications include:

- You must be currently employed or seeking employment.
- You must live or work in Kansas and have a valid social security number.
- You must be between the ages of 18 and 65 years.
- You must not be receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI), or have a pending application.

Individuals with all levels of illness or injury will be considered. Even with the most significant disability, you can be a productive employee, whether it means returning to your old position or finding a new employment match.

## Additional RETAINWORKS Benefits

You can receive on-the-job training and monetary compensation for participating in RETAINWORKS. More importantly, thanks to a coordinated support system, you'll receive the tools and strategies needed to succeed at work and reap the financial and personal rewards that come from meaningful employment.

*When an individual is out of work, they may experience more severe or new health conditions; increased anxiety, depression and social isolation; increased poverty; and a poorer quality of life.*



#### RETAINWORKS

### is a Team Effort

Getting back to work is a team effort. Everyone wins when individuals work collaboratively with their employer, health care providers, and the RETAINWORKS network of stay-at-work or return-to-work experts and resources. You will have access to:

- **Nurse Navigators** to guide you through the recovery and rehabilitation process. They will enhance your doctor's treatment plan by helping you coordinate appointments, clarify your care plan, and support you in staying connected with your care team as you recover.
- **Workforce Coordinators** to assist you in setting employment goals and succeeding in the job once you return. If you need to return to a different position, they may even be able to arrange training to support a smooth transition.
- **Employment Coordinators** who will work collaboratively to help you and your employer implement any accommodations to effectively transition you back to work, or to a new position.

# RETAINWORKS

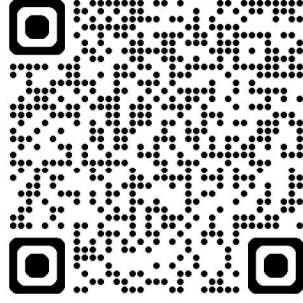
Retaining Employment and Talent After Injury/Illness Network

## Getting You Back to Work After an Injury or Illness

### Learn More

Visit our website for more info:

## retainworks.org



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