



Starting the conversation: Recovering at work after an injury

For injured employees

Use these conversation prompts to help you talk with your employer about your injury and recovery at work.

It's proven that being at work is beneficial for your recovery after an injury. It makes it more likely you'll return to your job and the things you enjoy. You're still entitled to financial support while you recover at work.

Think about what your GP has advised and offer suggestions about the tasks you think you can do while you recover. You or your employer can ask ACC for help at any time. Use our online service MyACC (my.acc.co.nz) or call 0800 101 996 and have your claim number handy.

1 Sharing information

"My injury happened when I..."

"I've told... about it."

"I've seen a GP and they said..."

"My treatment plan involves..."

"I'll send you a copy of my medical certificate. This will help us plan what I might be able to do at work."

"I'll give you my consent to talk with ACC and/or my GP about my injury and recovery in relation to work."

3 Recovery updates

"I have access to MyACC and I've asked for [supports]."

"My next appointment is..."

"My treatment schedule is..."

2 Staying connected

"I'll let you know my progress and next steps so we both know what's happening."

"I'll give you any updated medical certificates right away."

"I'm keen to stay in touch with my workmates and workplace, let me know what's possible."

4 Recovering at work

"I want to be at work, what's possible?"

"I'll take a list of jobs/tasks to my GP so they can understand my job and give advice on how I can be at work safely while I recover."

"I'll let ACC know how many hours I'm working each week so my payments are accurate."

"If we need help to figure this out, ACC will help."

