

Next steps after being injured at work

When you are injured at work, you partner with your employer, your health-care provider and the WCB to help you return to a full, productive working life as soon as it is medically safe. This fact sheet explains the benefits you can receive and what you, the WCB, your health-care provider and your employer are responsible for.

Benefits you may get:

- The WCB will pay for most medical costs to do with your injury, including prescriptions and medical supplies. We can only cover the cost of the treatment if your health-care provider is registered with the WCB. Registered health-care providers bill the WCB directly, so you do not have to pay. The WCB must approve some treatments, like massage therapy, before the treatment takes place.
- The WCB covers your travel costs if you need to travel outside your home community for treatment. We pay medical appointment allowance, separate from earnings loss benefits, at 100 per cent of your gross earnings. You are eligible if you have returned to normal or modified duties and are working full hours of employment, except for time missed solely due to occasional medical appointments.
- You may receive earnings loss benefits equal to 90 per cent of your net earnings if you miss work because of your injury.

Your responsibilities:

- Co-operate with all partners and make every effort to return to work as soon as possible.
- Attend all medical appointments. We may hold back your benefits if you fail to co-operate with your treatment plan.
- Stay in contact with your employer about your progress and when you expect to be able to return to work. Your employer may have different work or modified duties for you until you are able to return to your full job duties.
- Stay in regular contact with your WCB representative about your recovery and when you will return to either full or part-time work.
- Report all income to the WCB while you are receiving WCB earnings loss benefits.



What you can expect from us:

- If you receive earnings loss benefits, the WCB will pay you on every second Thursday following your first payment.
- We will respond to your phone calls as soon as possible or within 24 hours on business days.
- We will ensure fair, respectful and responsible treatment for you and your dependants.
- We will provide a workable return-to-work plan so you can regain your independence through suitable, productive work.

Your employer's responsibilities:

- Stay in contact with you to keep up to date with your recovery progress and expected return-to-work date.
- Co-operate with the WCB to create a return-to-work plan, including an opportunity to return to different or modified work as soon as you are medically able.

Where can you find more information?

- Visit our website wcbask.com for more information on our policies, procedures and legislation.
- You can also file a [Worker's Initial Report of Injury \(W1\) form](#) online. Workers can now get automatic online access with a basic WCB online account.
- Request account access to your full online account to view claim information and submit expenses.
- If you prefer, you can call 306.787.4370, toll free 1.800.667.7590 or email claims@wcbask.com for information about your claim.