



# Your recovery at work guide

If you experience an injury either at work, home or in the community, it can be hard to know where to start on your recovery journey.

Your recovery takes a team effort. This includes your health provider, employer, and ACC, along with support from friends and whānau.

But it all starts with you. Here are some steps to start you on the right path.

## 1. Visit your health provider

This could be your doctor, physiotherapist, an after-hours medical centre or the hospital emergency department.

If you need some time off work, ask about a medical certificate to provide to your employer.

## 2. Talk to your employer and make a plan

Let your manager know if you've been injured so they can help support your recovery.

If your medical certificate says you're 'fit for selected work', work with your manager to make a plan and to identify activities you could safely do while recovering.

Recovering at work can help you get better, sooner.

## 3. Register for MyACC

MyACC lets you self-manage information about your injury and recovery online, including requesting appropriate supports like equipment and reimbursement for travel or medication.

[acc.co.nz/myacc](https://acc.co.nz/myacc)

## 4. Apply for weekly compensation

Depending on your situation, you may be eligible for weekly compensation of up to 80% of your pre-injury income. This isn't automatic so you'll need to request it online through MyACC. If you can work some hours, you could earn up to 100% of your pre-injury income.

[acc.co.nz/weekly-compensation](https://acc.co.nz/weekly-compensation)

## 5. Visit your GP before your medical certificate expires

If you need more time to recover, visit your GP before your medical certificate expires. It can be reviewed to keep your recovery on track and, if appropriate, update what activities you can do.

## 6. Keep talking with your employer

If you're working while recovering from injury, keep your employer updated on your progress, so they can continue to support you while you recover safely at work.

## For more information:

Visit [acc.co.nz/im-injured](https://acc.co.nz/im-injured)



He Kaupare. He Manaaki.  
He Whakaora.  
[prevention.care.recovery.](https://acc.co.nz/prevention.care.recovery)