



Applying for weekly compensation

Your guide to financial support while you recover

He whakamārama mō te pūtea tautoko i a koe e whakarauora ana

If you're injured and can't do the job you were doing before your injury, you may be able to get weekly compensation. This is financial support that helps replace part of your income while you recover. This guide explains how to apply for weekly compensation and what to expect.

Key takeaways | Ngā kōrero matua

You may get up to 80% of the income you earned before your injury, before tax and deductions.

Your injury must be accepted for cover first.

You need to apply. Payments don't happen automatically.

Processing time depends on how quickly we get all the required information.

How to apply | Me pēhea te tono mai

1 Check if you're eligible and confirm your employment type. Visit acc.co.nz/weekly-compensation or call us on 0800 101 996.

2 Register for MyACC. Go to my.acc.co.nz and use the code we may have sent you by text or email after we accepted your claim — or call us.

3 Apply online through MyACC or call us to apply over the phone. Apply as soon as you can to avoid delays. MyACC is the convenient way to apply and track your payments.

What we'll need from you

- Your work days and hours
- Any unpaid leave in the past year
- Employer's contact details (if relevant)
- IRD number
- Bank account and tax code

If you're self-employed

- Financial statements and accounts
- Accountant's contact details
- Information about your CoverPlus Extra policy (if you have one)
- We use your most recent tax return before your injury. If you haven't filed one, call us

From your health provider

- ACC injury claim form and medical certificate (they usually send these to us electronically)

What happens next | Ngā mahi i muri mai i tō tono



We'll check your application and medical certificate

We make sure we have everything we need to get started.



You may get updates by text or email

We'll keep you informed as we work through your application.



We confirm your income details with Inland Revenue

This helps us calculate your payment accurately.



We confirm your eligibility and calculate your payment

If approved, we work out how much you'll receive based on what you earn.



You'll get a message when your first payment is made

Payments go directly to your bank account. Timing can vary depending on your situation.

Frequently asked questions | Ngā pātai auau

What is the difference between an injury claim and a weekly compensation application?

Your health provider sends ACC an injury claim to get your injury covered. If it's accepted, you may be eligible for support — but this doesn't include weekly compensation automatically.

To get weekly compensation, you need to apply separately. You can find how to apply at the start of this guide.

Can I get weekly compensation?

You may be eligible if:

- ACC has accepted your injury claim
- you were employed at the time of the injury
- a medical certificate says you cannot do your usual job or duties for more than 7 days.

If this isn't your first time off work for the same injury, or it's for approved surgery, payment may be available straight away.

Use our online tool to check your eligibility and employment type. Visit acc.co.nz/weekly-compensation.

What if my income situation is different?

You might still be eligible if:

- you recently left your job
- you're over 65 and still working
- you're getting an income-tested benefit from Work and Income.

If any of these apply to you or you're unsure about your situation, give us a call, we're here to help.

Is there a limit to how much I can get?

ACC usually pays up to 80% of the income you earned before your injury as weekly compensation, but there's a maximum amount. Minimum and maximum payment amounts are set by law and updated each year. Check the current amounts on our website.

How long does ACC take to process my application?

It depends on how quickly we get all the information we need — from you, your employers (if relevant), your health provider, and Inland Revenue.

Sometimes there are delays:

- if your employer pays weekly compensation directly through an agreement with ACC.
- if you're self-employed or a shareholder-employee and haven't filed your latest tax return.

We'll keep you updated by text or email as your application progresses.

Next steps: Explore our tailored weekly compensation guides — designed for PAYE employees, self-employed, and shareholder employees.



Need support?
Kei te kimi āwhina koe?

The contents of this guide may change. Our website has the most current information.
Guide published November 2025

ACC website

Find other guides and learn more about our support. Browse free on your mobile device.

Visit: acc.co.nz/weekly-compensation

MyACC

Manage your claim, apply for weekly compensation and other support.

Log in: my.acc.co.nz

Contact us

If you're unsure about your payments, we're here to help.

Email: claims@acc.co.nz

Phone: [0800 101 996](tel:0800101996)