

CHECKLIST FOR DOCTOR'S VISIT

- ✓ Report your injury or illness as soon as possible to your employer
- ✓ Notify your employer before you go to the doctor
- ✓ Find out which doctor to use
- ✓ Tell the doctor if you think your problem might be work-related
- ✓ Describe your job and workplace hazards to the doctor
- ✓ If the problem is work-related, make sure a claim is filed for workers' compensation insurance.
- ✓ If you are treated unfairly, ask for help from a lawyer or the Massachusetts Department of Industrial Accidents



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A Practical Guide for Injured Workers

HOW TO GET MEDICAL CARE FOR JOB-RELATED INJURIES AND ILLNESSES



WERE YOU HURT AT WORK? HAS YOUR JOB MADE YOU ILL?

If you were injured on the job or your work caused you to be sick, you are entitled to go see a doctor. The cost of medical care for job-related injuries and illnesses is paid by your employer's **workers' compensation insurance**. In Massachusetts, most employers must have workers' compensation insurance and they are supposed to tell you how to use it. Usually, you will not have to pay your own money for medical treatment of work-related injuries and illnesses.

Sometimes, it is hard to know whether your medical problem is caused by the work you do. Ask yourself these questions:

- Did my problem begin when I was at work?
- Does it get worse at work?
- Does it get better when I leave work?
- Do you work around dangerous chemicals or unhealthy conditions?

If so, your job might be causing you to get sick or to feel pain. A doctor can help you determine if your problem is work related.

HOW TO GET HELP

If you think you might have a work-related medical problem:

Tell your employer. They can show you how to get medical help and use workers' compensation insurance.

See a doctor. The doctor can help you find out what's causing your problem and whether it might be caused by work.

File a claim for workers' compensation insurance. Your employer will show you how to do this.

If you still need help or think that you are being treated unfairly call the Massachusetts Department of Industrial Accidents at 1-800-323-3249.

QUESTIONS AND ANSWERS

Q Can I be fired from my job for filing a workers' compensation claim?

A No. If you think you are being treated unfairly, call the Mass. Department of Industrial Accidents at 1-800-323-3249.

Q Can I go to any doctor for my care?

A Yes, but your employer or insurer may have suggestions of where to go.

Q Must I go to the doctor suggested by my employer or insurer?

A No, but that doctor might be very good and experienced in dealing with work-related disorders like yours.

Q Do I need a lawyer?

A No. But you can use a lawyer if you think it would be helpful.

Q How long to I have to file a workers' compensation claim?

A Up to 4 years after your injury. But it is better to file as soon as you can.

Q How will the doctor know if my injury or illness is caused by my job?

A The doctor will ask you questions and examine you. Tell the doctor if you think your problem might be work-related. Describe your job and the hazards in your workplace.

Q Can I go to an emergency room?

A Yes, if it is an emergency.

Q How about if I already paid for medical care or used by own health insurance?

A You can still file a claim for workers' compensation and try to get back the money.

Q How can I keep from getting hurt or sick on the job?

A Tell your employer about hazards in the workplace. If necessary, contact the Occupational Safety and Health Administration (OSHA).