



AVOID LONG ABSENCES FROM WORK

There is a positive link between work and your overall health.

Talk to your health care provider or care team before pursuing an extended absence from work.

Care team members may include occupational therapists, physical therapists, mental health supports or any care professional involved in your treatment.

Long absences from work can contribute to poor health and slower recovery. The decision to miss work or reduce work activities should be based on your abilities and in line with your needs to reduce harm and safely improve your recovery.

Conversations with your care team will ensure that your ability to work is based on your health priorities.

