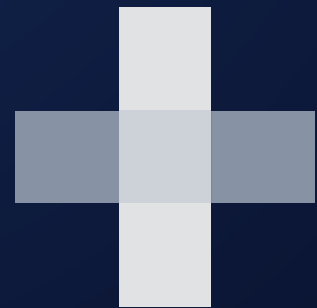


TAKING CARE OF YOU

A GUIDE FOR HANDLING YOUR WORKPLACE INJURY

Dealing with a workplace injury can feel like a lot to handle. At EMPLOYERS[®], we're dedicated to working with you and your employer to make sure your recovery is as smooth as possible. Follow these steps to get the care you deserve and the workers' compensation benefits you may be entitled to receive.



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Promptly report your injury.

Time is of the essence: It's best to report your injury to your supervisor within 24 hours. In general, you should report your injury as soon as possible to qualify for workers' compensation benefits.

Get medical guidance.

Receive the professional care you need. Call our **Injured Employee Hotline** at (855) 365-6010 to connect with a registered nurse for 24/7 non-emergency medical advice.

For medical emergencies, dial 911 or go to the nearest emergency room.

Submit a claim.

After notifying your employer, it's time for one of you to report the injury to EMPLOYERS. See **Submit a claim checklist** on the right for details.

Speak with your claims representative.

Once we receive your claim, an EMPLOYERS claims representative may contact you to get the full details of your injury or illness and explain the workers' compensation process.

Receive necessary medical care.

It's essential to keep your scheduled medical appointments to help you recover. We will provide you with a list of approved healthcare providers in your area who are skilled in work-related injuries.

Communicate.

Share all relevant medical and return-to-work information with your treatment provider, claims professional, and any involved parties to facilitate a smoother recovery process.

Remember, every case is different.

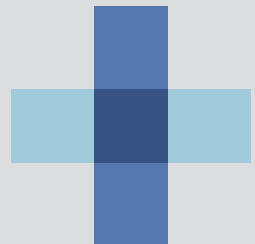
Let us help you find your way. The Managed Care Services Team at EMPLOYERS is here to help you navigate the recovery process so you can get back to work as soon as you're medically able.

Submit a claim checklist.

Be prepared with the following information when you go to file a claim:

- Employer's name and address.
- Your name, address, social security number, and date of birth.
- State where you work.
- Your occupation (job title) at the time of injury.
- Date of injury.
- Address/location of accident (was the accident on employer's premises?).
- How the accident occurred.
- How many people were injured in the accident.
- Part(s) of the body injured.
- If you returned to the next scheduled shift after the accident.
- Your wage on the date of injury (salary per hour, day, week, or month).

Learn more about EMPLOYERS's claims reporting options at employers.com/report-a-claim.



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CORPORATE OFFICE

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To learn more about EMPLOYERS and workers' compensation, visit employers.com