

## A wellness services program to help you at work

Canada Life's At Work Services is a program that has your wellness in mind. It helps you and your employer figure out what may be blocking you from achieving your best while on the job. Whether it's a medical or non-medical issue, At Work Services offers help so you can avoid missing work or provide support when you are on sick leave.

- **Medical coordination services** works with you and your treating physician to address medical issues, start diagnostic testing and treatment and help lower delays and wait times.
- **Rehabilitation services** helps you stay productive and at work by figuring out and addressing the issues through adjustment counselling, negotiating workplace modifications and other services to support your ability (e.g., what you can or are able to do).



## How it works:

- 1. Your employer contacts Canada Life's At Work Services co-ordinator on your behalf.
- 2. Your employer gives you an authorization form to sign.
  - This gives Canada Life access to your medical information and other related information through your healthcare providers (e.g., family doctor, etc.).
- 3. Once Canada Life receives your signed authorization form, the At Work Services co-ordinator reviews your situation and figures out what services you need.
- 4. A rehab consultant or medical coordinator will contact you to start the process.

Throughout this process, your personal medical information remains confidential. We're here to help you perform to expectations at work.

For more information on At Work Services, talk to your employer.

One more component in Canada Life's suite of DisabilitySolutions.

