



Three steps to follow if you are injured while at work:

1. Report your injury to your supervisor.
2. Call to speak to a Registered Nurse.
3. Provide employer TCC account number to the nurse.

**(EMPLOYER NAME)**  
**TCC Account Number (00000)**

**000-000-0000**



[AccidentFund.com/TeleCompCare](https://AccidentFund.com/TeleCompCare)



[UnitedHeartland.com/TeleCompCare](https://UnitedHeartland.com/TeleCompCare)



[CompWestInsurance.com/TeleCompCare](https://CompWestInsurance.com/TeleCompCare)



[3CU.com/TeleCompCare](https://3CU.com/TeleCompCare)