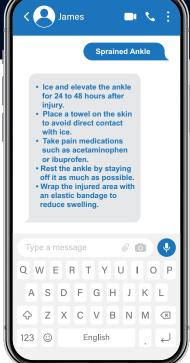


## Self-Care Text Option

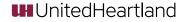
AF Group's TeleCompCare® enables an injured worker to report their workplace injury and speak with a registered nurse who will assess the severity of the injury and recommend one of three treatment options: telemedicine, in-person doctor visit or self-care.

If self-care is recommended during a nurse triage call, the injured worker has the option to receive their self-care instructions via text message. After opting in, the injured worker will receive a text with a self-care document link, allowing them to reference this information and share it with their employer. This added option helps avoid confusion and aids the injured worker during their recovery.



Self-care instruction examples for a sprained ankle.









AccidentFund.com/TeleCompCare

 $\underline{\hbox{UnitedHeartland.com/TeleCompCare}}$ 

CompWestInsurance.com/TeleCompCare



