



path is sponsored by the Health Association Nova Scotia LTD Trustees as part of their commitment to promoting healthy workplaces and ensuring disability benefits remain available to health care workers in Nova Scotia at a reasonable cost. The program is fully funded through LTD contributions paid by both employers and employees.

We invite you to contact our Program Manager for more information about the program and to learn more about how it can help you.

Call toll free: 1-888-824-3273  
 Email: [path@healthassociation.ns.ca](mailto:path@healthassociation.ns.ca)  
[www.healthassociation.ns.ca/path](http://www.healthassociation.ns.ca/path)



## PERSONALIZED ASSISTANCE TO HEALTH



### A Benefit of the Health Association LTD Plan



# You're ill or injured...

## Determine the path you need

path is a unique early assistance and support program available to employees who are:

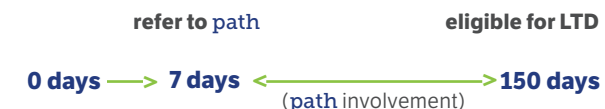
- covered by the Health Association Nova Scotia LTD Plan.
- absent, or not worked full days and/or duties, for 7 days or more due to any illness or injury.
- not on an approved WCB claim.

It is designed to ensure employees receive the assistance, services and treatments they need along their journey to getting well.

The program has proven successful in:

- transitioning employees back to good health and gainful employment.
- helping employees to transition to LTD if needed.
- helping to reduce the LTD duration period through early involvement.

**The sooner we can be involved the better.** Early referral and participation is key to providing effective support.



# What's your path?

**path** is flexible, confidential\* and voluntary. It gives you a say in your recovery every step of the way. You decide if **path** is right for you. Joining the program is easy.

## Step 1: Self-Refer/Get Referred

- Contact the **path** program manager by calling our toll-free number, **1-888-824-3273** or by emailing **path@healthassociation.ns.ca**. You can also be referred by your employer, co-worker, health practitioner, or union representative. You will be provided information about the program to help you decide if participating in **path** would benefit you.
- If you choose to participate, a **path** consultant will contact you, usually within 24 hours, to start the process. If you prefer, they will come to your home or other location of your choosing.

*Please note: If you choose not to participate at this time but remain off work and decide at a later date you need assistance, you can contact **path** to participate.*

## Step 2: Plan for Success

- Your **path** consultant will work with you on a one-on-one basis to develop a plan that meets your individual needs. They will provide personalized support throughout your recovery, assist in coordinating your health care, and access funding for services and treatments that may be needed to help you. If you have exhausted, or are unable to continue your health benefits, **path** can help.

## Step 3: Navigate your path...

- If you can return to work, **path** will help ensure the transition back to the workplace goes as smoothly as possible. Your **path** consultant will help develop an individualized return-to-work plan, in accordance with your medical needs and abilities and in consultation with you, your treatment providers and your employer. Your plan may include a gradual return to full duties and days,



temporary or modified duties, or a combination of both. The plan allows you to get back to your pre-illness/injury job at a pace suited to your needs. You will continue to receive funding support for any treatment deemed necessary during your return. Your consultant will also stay in touch with you and help as needed.

- If your illness or injury requires you to transition to LTD, your **path** consultant will assist you with the application process, help ensure appropriate treatment and medical appointments are in place, and provide support in navigating through what can be a very difficult time. Your consultant will stay involved until you receive a decision on your claim.

*\*It is important to note that all medical and personal information is kept completely confidential, every step of the way. Information is shared on a need-to-know basis, only with your agreement.*

**path** can provide funding for services and treatments that you may need, such as:

- Physiotherapy
- Occupational Therapy
- Massage Therapy
- Work Conditioning
- Work Hardening
- Orthotics
- Braces/Supports
- Daily Living Assists
- Weight Loss Programs
- Dietitian Services
- Fitness Programs
- Counselling Services
- Diagnostic Services
- Assist with LTD Application Process



**path** is unique and is not like any other program offered to you. It is not an attendance management, income replacement, or a counselling service like EFAP. **path** provides personalized assistance -- what you need -- to help you get well.