



# Ill or Injured?

## Determine the path you need

Personalized Assistance to Health, or **path**, is a voluntary and confidential early assistance and support program covered by the Health Association Nova Scotia LTD Plan. After 21 days of being off work (or not performing your full days or duties) due to a non-work related illness or injury, **path** can help. Participation in the program provides access to funding for a range of services and treatments that can assist with your recovery.

Physiotherapy, Occupational Therapy, Massage Therapy, Counselling Services, Diagnostic Services, Work Conditioning/Hardening, Orthotics, Braces and Supports, Weight Loss Programs, Dietitian Services, Fitness Programs.

And if it's the best **path** for you, we help with the LTD application process while you continue to access services and treatments you need.

### GET ON YOUR path TO HEALTH IN 3 SIMPLE STEPS...

- 1. Find your path.** Ask questions and self-refer. Call us at 1-888-824-3273.
- 2. Build your path** – work one-on-one with us to build a plan that works for your recovery.
- 3. Navigate your path, with help** – You are not alone. We support your journey back to work or to a decision on a LTD application.



### IT'S YOUR path TO...

- A faster recovery
- A smoother return to gainful employment
- An easier transition to LTD if required
- A shorter stay on LTD through the early intervention provided by **path**



The sooner we can be involved the better. Start your **path** back to health today.

Get all of the details at [www.healthassociation.ns.ca/path](http://www.healthassociation.ns.ca/path)

**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.

### REACH OUT FOR MORE INFORMATION:

**path** Program Manager:

**1-888-824-3273 / [path@healthassociation.ns.ca](mailto:path@healthassociation.ns.ca)**

