

# Workplace Injury?

## Why choose OIS?

<b>Goal</b>	<ul style="list-style-type: none"> <li>Manages your workplace injury to help you return to work</li> </ul>
<b>Early Access</b>	<ul style="list-style-type: none"> <li>Target wait time is 30 minutes or less</li> <li>Most will treat injuries requiring minor first aid</li> </ul>
<b>Expedited Services</b>	<ul style="list-style-type: none"> <li>Can access diagnostic services within a matter of days</li> </ul>
<b>Physician Background</b>	<ul style="list-style-type: none"> <li>General medicine, occupational medicine and WCB knowledge</li> </ul>
<b>Knowledge of Your Worksite</b>	<ul style="list-style-type: none"> <li>Familiar with Carewest modified-work program</li> </ul>
<b>Return-to-Work Plan Development</b>	<ul style="list-style-type: none"> <li>Individualized plan that includes input from you, your employer and other parties</li> </ul>
<b>Focused on Modified Work</b>	<ul style="list-style-type: none"> <li>95 per cent of workers start some form of modified duties within one day of injuries</li> </ul>
<b>Communication</b>	<ul style="list-style-type: none"> <li>Return to work discussion with you and EH&amp;S to ensure everyone is on the same page</li> </ul>
<b>Reporting</b>	<ul style="list-style-type: none"> <li>“Work Readiness” report will be completed, which outlines what you can safely perform at work while you are recovering from your injury</li> </ul>
<b>Follow-up Support</b>	<ul style="list-style-type: none"> <li>Available via phone at any time to discuss the treatment plan</li> </ul>

**OIS or Occupational Injury Services** is sponsored by the Workers’ Compensation Board (WCB) and specializes in treating employees with workplace injuries. It is designed to help staff receive a doctor’s assessment and treatment in 30 minutes or less so that they can return to a full and productive life as quickly and safely as possible after a workplace injury.

Questions? Call Employee Health & Safety at 403-943-8182.

November 2017

## Clinic Locations

### SE Calgary (last appt 30 min before close)

#### Eaglesmed Clinic

315, 12445 Lake Fraser Drive SE  
403-723-2453  
Hours: Mon 9-5:00pm

#### PrimeCARE health Inc.

123, 11420-27 Street SE  
Douglasdale Prof.Ctr. 587-318-0740  
Hours: Mon-Thu 8-6:00 pm, Fri 8-5:00pm

#### WellPoint Health

#202, 3716 - 61 Ave. SE 403-236-8400  
Mon-Fri 7:30-5:00pm

#### WellPoint Health

2110, 1800 194 Ave. SE 403-256-8213  
Mon-Fri 9-4:00pm

#### Imagine Health Centres

4120, 15 Sunpark Plaza SE 403-910-3990  
Mon, Wed and Fri 8-7pm, Tue and Thu 8-4pm,  
Sat and Sun 10-2:00pm

#### Imagine Health Centres

100-300 6 Ave SE 403-775-9669  
Mon-Fri 8:30-4:30 pm

#### Medicentres (Forest Lawn)

5, 3301- 17 Ave. SE (Rexall) 403-235-5651  
Mon-Fri 9-4:00pm

#### Medicentres (Heritage Hill)

110, 8180 MacLeod Trail SE 403-236-8400  
Mon-Fri 7:30-5:00pm

### NE Calgary (last appt 30 min before close)

#### Lifemark

2121 - 29 St. NE 403-297-9500  
Mon, Tues, Thurs 7:30-3:30pm  
Wed & Fri 7:30-7:00 pm

#### CBI Health Centre

Sunridge Physical Therapy Clinic  
Suite 7, 2675 - 36 St. NE  
403-291-2393  
Mon-Fri 9-5:00pm, Sat 9:30-2:30pm

### NW Calgary (last appt 30 min before close)

#### Medicentres

#220, 5149 Country Hills Blvd. NW  
Phone number: 403-241-8848  
Mon-Fri 9:00- 5:00pm