

## COHE Community of Eastern Washington

The Center of Occupational Health & Education (COHE) is a program funded by the Washington State Department of Labor and Industries. It has two primary goals:



- Improve injured worker outcomes
- Prevent disability

To meet these goals, the program coordinates the physician, the employer and the worker or labor group, in a cooperative effort to return the worker to the workplace in a timely manner.

### How does COHE work?

- Assists physicians who treat injured workers in using occupational health best practices to safely return their patients to work.
- Assists employers in working side-by-side with the physician and injured worker to make return to work a positive and efficient process.
- Assists in helping injured workers receive the correct treatment in a timely manner.
- Access to Health Services Coordinator (HSC) - a real person - who can assist you with health care and L & I claim concerns and streamline communication with all groups regarding return to work.
- How can COHE help you? You can simply call COHE and seek assistance with any claim-related questions you may have.
- Access to basic COHE information can be found online at [www.goCOHE.com](http://www.goCOHE.com).

COHE Community of Eastern Washington is sponsored by St. Luke's Rehabilitation Institute of Spokane. It operates in 20 counties in Eastern Washington.

### For More Information:

- COHE Community of Eastern Washington  
1-509-456-3222 or toll free 1-866-247-2643  
[www.gochoe.com](http://www.gochoe.com)
- Check the status of your claim:  
[www.claiminfo.lni.wa.gov](http://www.claiminfo.lni.wa.gov)
- Department of Labor and Industries (L&I)  
Eastern Washington service locations -

Spokane  
901 N. Monroe, Suite 100  
1-509-324-2600  
1-800-509-8847

East Wenatchee  
519 Grant Road  
1-509-886-6500  
1-800-292-5920

Kennewick  
4310 West 24th Ave.  
1-509-735-0100  
1-800-547-9411

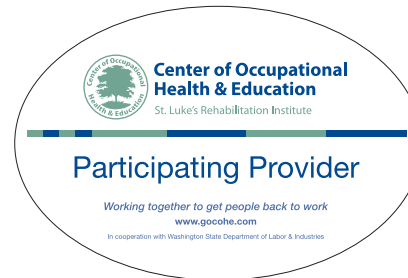
Yakima  
15 West Yakima Ave., Suite 100  
1-509-454-3700  
1-800-354-5423

Moses Lake  
3001 West Broadway  
1-509-764-6900  
1-800-574-2285

Pullman  
1250 Bishop Blvd. SE, Suite G  
1-509-334-5296  
1-800-509-0025

*Look for this decal when making your informed choice of a provider for your on-the-job injury*

Washington is a worker-choice state



## Center of Occupational Health & Education

St. Luke's Rehabilitation Institute



You have just had a work injury  
**Now what?**

## Step 1 – When you are first injured

- Report your injury to your employer.
- See a health care provider of YOUR choice.
- Stay in touch with your employer.

## Step 2 – At the health care provider's office

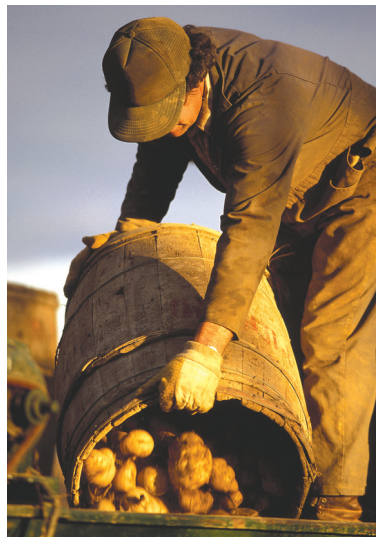
- Complete the Washington State Department of Labor & Industries (L&I) Report of Accident (ROA) form. Your provider's office will send it in for you. When L&I receives it, a Claim Manager will be assigned.
  - Be specific regarding HOW your injury occurred AND what body part(s) were injured.
  - Sign the form.
  - Remove the card from the ROA with your assigned claim number and keep for your records.
  - Manage your claim online at [www.lni.wa.gov/Main/ForWorkers.asp](http://www.lni.wa.gov/Main/ForWorkers.asp)

Talk with your provider about your injury:

- Ask your provider to thoroughly explain the nature of your injury.
- If your provider suggests an MRI or other test, ask him/her "why?"
- Ask your provider what medications are being prescribed.
- If your medications bother you, ask if there are alternatives.
- Is physical therapy appropriate in recovery?
- Have your provider explain the expected recovery period.
- Speak up. Ask questions!

- Ask your provider:
  - To call your employer to see if modified duty is available
  - If you can work full time while on modified duty.
- COHE providers will complete an Activity Prescription Form (APF)\*
  - This APF will outline work restrictions, if needed.
  - If work restrictions are not necessary, ask your provider to complete an APF allowing for a full work release.
  - Obtain a copy for you AND your employer.
- Establish a follow-up appointment if you are not released to full job duties.
- Keep all scheduled appointments.
- If you are seeing a non-COHE provider, ask about work restrictions (written) or if you can return to full duty at your regular job.

\* COHE providers are asked to complete an APF on the first visit and during follow-up visits if there are changes in work status, physical capacities or plan of treatment.



## Did You Know?

- The sooner you are able to return to work after an injury (in a modified job, with your doctor's okay), the more likely you are to recover and earn your pre-injury wage.
- Every worker is entitled to workers' compensation benefits. You cannot be penalized or discriminated against for filing a claim. For more information, call toll-free 1-800-547-8367.
- You, your employer and provider all have the right to protest any decision made about your claim. Or, you may appeal directly to the Board of Industrial Insurance Appeals.
- If you want a second medical opinion, you can see another doctor.
- You may choose any health care provider who is qualified to treat your injury, including: MDs, osteopaths, chiropractors, naturopaths, podiatrists, physician assistants (PA-Cs), dentists, optometrists and advanced registered nurse practitioners (ARNPs).
- To transfer your care from one provider to another, let your Claim Manager know immediately by completing the Case Transfer Card. Contact L&I for this card if your provider does not have one.



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