



Employee Notice ~ Workers' Compensation Benefits ~

This is to notify you of benefits which are available to you through California's Workers' Compensation System.

Most California workers are protected in the event of job-related injuries and illness by Workers' Compensation Insurance and in your case by your employer's self-insurance program, which is paid for by your employer. If you are injured or become ill as a result of your job, your employer and not the insurance company pays for medical care, necessary rehabilitation services, income in case you are disabled and cannot work, or death benefits to your dependents.

REPORT YOUR INJURY – Always immediately notify your supervisor of any work-related injury or illness. You may be eligible for Workers' Compensation benefits, but your Workers' Compensation representative has to know – only then can the system of Workers' Compensation begin to work for you.

MEDICAL CARE – Your employer will arrange for medical care, and all costs are paid directly by your employer's insurance company, so you should never see a bill. All medical treatment to cure or relieve your condition will be provided without a deductible or dollar limit. All authorized expenses are paid in full, including doctor's fees, medicines, hospital and surgical costs, lab tests, x-rays, wheelchairs, crutches, etc.

SELECTION OF DOCTORS – You may be treated by your own doctor for any job-related injury if you notify your employer, in writing, of the name of your personal physician before you are injured. Your *'personal physician'* means a licensed physician or surgeon who has treated you in the past and who keeps your medical records. Otherwise, your employer will refer you to a local doctor if you need medical care. After 30 days have passed following the date of your injury, you may see a doctor of your choice – but you must give your employer the doctor's name and address.

REHABILITATION – If the injury or illness prevents you from returning to the same job, you may qualify for vocational rehabilitation benefits, with all costs paid by your employer's insurance company.

PAYMENT FOR LOST WAGES – If you are temporarily disabled by a job injury or illness, you will receive tax-free income until your doctor says you are able to return to work. Temporary disability payments are two-thirds of your average weekly pay, up to a maximum set by state law. (Some employees are entitled to receive full salary in lieu of temporary disability payments.) Payments are not made for the first three days you are disabled unless you are hospitalized as an inpatient or unable to work for more than 14 days.

DISABILITY INCOME – If your doctor says you cannot work, you will receive tax-free payments of two-thirds of your average weekly wage up to a maximum weekly amount set by law. If you have a permanent disability, you will receive payments in accordance with a formula set by law.

PAYMENT FOR PERMANENT DISABILITY – If the injury or illness results in a permanent handicap, permanent disability payments will be necessary after recovery.

DEATH BENEFITS – If the injury results in death, a benefit will be paid to surviving dependents.

QUESTIONS – If you have any questions or need help, first ask your supervisor or call Tri-Star at (559) 432-1260 who is assigned to help you following a work related injury or illness. Or you may contact the nearest information and Assistance Officer of the State of California’s Division of Industrial Accidents. If you need further assistance, you may contact the Workers’ Compensation Appeals Board.

If you need assistance completing this form, or have questions regarding your benefits, please contact the State Office of Benefit Assistance and Enforcement by calling toll free, 1-800-736-7401. This service is provided to you at no cost. You also have the right to consult an attorney.