

# Anytime Access to Work Injury Care

At Concentra<sup>®</sup>, we believe that when you're hurt, you should be able to get care right away. **Concentra Telemed<sup>®</sup>** allows you to easily connect with a Concentra clinician for work injury care without visiting a medical facility.

## What can be treated via telemedicine?

- Minor strains (i.e., pulled muscles)
- Minor sprains
- Bruises/contusions
- Tendonitis/repetitive-use injuries
- Minor burns
- Minor cuts and scrapes
- Work-related rashes

## What you need:

- Smartphone, tablet, or computer with a webcam and microphone
- Photo ID
- Active email address
- Internet access
- Quiet area for privacy during visit



Scan to access  
Concentra Telemed

## How to Use Concentra Telemed

After informing your supervisor or safety personnel of your work-related condition and receiving authorization to obtain care via telemedicine, you are ready to start your telemedicine visit.

### Steps

#### 1. Access Concentra Telemed

Scan the QR code or open your web browser to [www.concentratelemed.com](http://www.concentratelemed.com). Then, click "Create Patient Account" and follow the prompts to create a new account.

#### 2. Visit Information

Enter the state you are currently in and some basic information. Then, select "First Visit Work Injury" for your initial center visit.

#### 3. Login

Confirm your information by checking the acknowledgment box and selecting "Confirm Visit." Then, wait to be connected with a care coordinator for patient check-in. Do not minimize or hide the video screen in the background.

#### 4. Check-in

A care coordinator connects with you to check you into the system and places you in a virtual waiting room until the clinician is ready.

#### 5. Visit

The clinician connects with you via video for evaluation, diagnosis, and treatment. Once done, the clinician reconnects you with the care coordinator.

#### 6. Checkout

The care coordinator completes patient checkout. You will receive visit details via secure email. Your employer can access pertinent visit details via Concentra HUB. Don't forget to tell us how we did!