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| **Anytime Access to Work Injury Care** |  |
| At Concentra®, we believe that when you’re hurt, you should be able to get care right away. **Concentra Telemed®** 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
* Bloodborne pathogen (BBP) exposures
 | **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. 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. * 1. **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. * 1. **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. * 1. **Visit**

The clinician connects with you via video for evaluation, diagnosis, and treatment. Once done, the clinician reconnects you with the care coordinator.* 1. **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! |
| **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
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| Qr code  Description automatically generated*Scan to access Concentra Telemed* |