



## REED UNION SCHOOL DISTRICT

### What should you do if you are injured in the workplace?

- ✓ Notify your Supervisor
- ✓ Call the 24/7 Nurse Advice and Injury Hotline at 1(877) 247-7710
  - The Nurse advisor will gather the necessary information and assist you with accessing appropriate medical treatment.

***If this is a life threatening injury or illness, please Dial 911 immediately.***

The following chart can be used to assist you when describing your level of pain.

**MSIA**  
Marin Schools  
Insurance Authority

**CarivaCare™**

# INJURED at WORK?

Call the **Careline™ 24/7**  
to report your injury and obtain  
treatment advice.

**1.877.247.7710**

### Name Your Pain™

MILD			MODERATE				SEVERE			
0	1	2	3	4	5	6	7	8	9	10
LIFE IS SWELL I can't think of anything better	LIFE IS GOOD I can't think of anything better	LIFE IS OK I can't think of anything better	LIFE IS OK I can't think of anything better	LIFE IS TOUGH I can't think of anything better	LIFE IS TOUGH I can't think of anything better	LIFE IS TOUGH I can't think of anything better	LIFE IS TOUGH I can't think of anything better	LIFE IS TOUGH I can't think of anything better	LIFE IS TOUGH I can't think of anything better	LIFE IS TOUGH I can't think of anything better
HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE	HURTS LIKE

Professionally managed and serviced  
by Encompass Health Solutions, Inc.  
[www.carivacare.com](http://www.carivacare.com)

IF YOU HAVE SUSTAINED A LIFE THREATENING INJURY OR ILLNESS, CALL 911 IMMEDIATELY.