



Telemedicine for Injured Employees

Accidents happen. Fortunately, the Virginia Risk Sharing Association (VRSA) and our partner, Concentra, are here to help you move forward. Through our telemedicine program, injured workers can easily connect with a clinician 24/7/365 who will evaluate, diagnose, and treat your work injury without your having to visit a medical facility.

Treatable Conditions

- Strains (pulled muscles/sprain)
- Bruises/contusions
- Tendonitis/repetitive-use injuries
- Minor burns
- Minor cuts/scrapes
- Work-related rashes
- Bloodborne pathogen exposures

After an Incident

After any work-related incident, injured employees should notify their supervisor and call CompCare On-Call at 877-234-0898 to speak with a registered nurse, report their injury, and see if telemedicine is right for you.

Access Telemedicine

When telemedicine treatment is appropriate and selected from the panel of physicians, the CompCare On-Call nurse will transfer you to a Concentra telemedicine physician for your initial visit. They will also send an incident provider notice which includes triage notes, the injury report, and a work status form with information needed for billing purposes. The physician will complete this form and provide it to the injured employee to share with their supervisor, making them aware of the employee's return-to-work capabilities or work restrictions.

Requirements

You will need the following:

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