



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/sprins)
- 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, notify your supervisor and call CompCare On-Call at 877-234-0898 to speak with a registered nurse, report your injury, and see if telemedicine is right for you.

Access Telemedicine

1. To access telemedicine, scan the QR code at right or visit: www.concentratelemed.com and select "Create Patient Account."
2. Enter some basic information to finalize account creation and select "First Visit Work Injury."
3. A Concentra care coordinator will then greet you via video, guide you through the process, and connect you with a clinician for your visit.

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

