

# Your Benefits Checklist While on Sick Leave

Going on leave due to an illness or injury can be overwhelming. This checklist was created to support you through your time on leave and in your return to work when you are medically fit to do so. Leaning on the supports outlined below can help ease some of the financial weight of recovery and assist with restoring your well-being.

## Use Your Health Benefits

Your health care provider(s) may recommend therapeutic treatments to assist with your healing. You can use your ASEBP health benefits to pay for the things you need to take care of yourself.



Lean on your ASEBP [health benefits](#) to:

- Obtain massage therapy, physiotherapy, acupuncture, and chiropractic services to relieve pain, restore mobility, and prevent injury recurrence.
- Talk to a psychologist or counsellor to help you cope with stress, anxiety or depression, or feelings related to going back to work.
- Purchase physical rehabilitation equipment or pay for home nursing care, medical devices, or repairs.
- Use your [Health Spending Account](#) (HSA) to cover the cost of additional massages or psychology sessions, kinesiology assessments, and other eligible medical expenses.
- If you have a [Wellness Spending Account](#) (WSA), use these funds to cover home exercise fitness equipment, alternative healing therapies, or hobby equipment and classes to help with your recovery and focus your attention on things that bring you joy.

If you have questions about eligible expenses, [get in touch](#) with an ASEBP benefit specialist or visit [asebp.ca](http://asebp.ca).

## Access Additional Free Supports Through EFAP

If you have ASEBP's [Employee and Family Assistance Program](#) (EFAP), you have access to a variety of health care specialists and experts, including counsellors, registered dietitians, sleep coaches, ergonomic specialists, and legal or financial professionals.

You can access EFAP health professionals for up to four hours each calendar year at no cost. Financial and legal consultations are available as needed, with no annual limit.

Sessions are confidential and you can select your own practitioner using the EFAP [online booking tool](#).

Please note that EFAP counsellors may not be able to offer support to individuals with complex mental health needs. Visit [wellness.asebp.ca/efap](http://wellness.asebp.ca/efap) for details.

! Your dependants can also get in touch with EFAP, especially if they are struggling with their own feelings or how to support you with your recovery. Like you, they have access to four hours of online counselling and additional health support each calendar year, at no cost.