



A Team Dedicated To Your Well-Being

Support When – And Where – You Need It Most

Sickness, injury, stress and chronic pain don't discriminate – they can happen to anyone at any time. If you need help, take advantage of the Workplace PossibilitiesSM program from Standard Insurance Company.

This program is part of the Group Short Term and Long Term Disability coverage provided by the Oregon Educators Benefit Board (OEBB) through The Standard. It includes access to telephonic or face-to-face, on-site support from Workplace Possibilities consultants.

Working in concert with your health care provider, your Workplace Possibilities team can help you stay at work, and if you become disabled, assist you with transitioning back to the workplace and a productive lifestyle.

How The Workplace Possibilities Program Works

If you experience an injury or a health issue (for example, illness, recurring pain, a chronic condition, or job or emotional stress), you can turn to your Workplace Possibilities consultant. The consultant can:

- Perform ergonomic evaluations
- Research and recommend devices that adapt to your needs

- Provide proactive case management for mental/psychiatric conditions
- Identify light-duty jobs that you can do while you're recovering from a disability

After the appropriate assessments, your Workplace Possibilities consultant will facilitate communications between you and your health care provider to help connect you with the right wellness or health-coaching program.

Helping You Stay Or Return To Work

The Workplace Possibilities consultant will also work with your employer to modify your worksite to allow you to comfortably stay on the job or return to work as soon as possible after a disability. The Standard continually evaluates new products, systems and work environments to help meet your needs, abilities and limitations.

continued on reverse

**For more information about
taking advantage of the
Workplace Possibilities
program, call the dedicated
OEBB toll-free number
at 888.OEBB.RTW.**



Success Story #1

Occupation: Administrative Assistant

Situation: Jane had a condition that caused nerve and/or spinal cord compression in her neck. To correct the condition, she underwent surgery to fuse the neck vertebrae. Jane's doctor recommended that she be off work for six weeks.

How the Workplace Possibilities consultant helped: Prior to the surgery, the Workplace Possibilities consultant worked with Jane's physician, her employer and Jane to propose a comprehensive worksite modification that included relocating her workstation and adding a specialized keyboard, monitor, chair and wireless headset. The Workplace Possibilities consultant also talked to Jane's doctor about the feasibility of Jane returning to work on a progressive, part-time schedule. The physician agreed to an immediate part-time return to work at 20 hours per week, with a gradual increase to 40 hours per week at the four-week point.

Outcome: Jane successfully returned to work according to the schedule recommended by the Workplace Possibilities consultant and agreed to by the doctor. The physician was updated weekly and approved Jane's increased hours. As a result, Jane decreased her time out of the office by two full weeks.



Success Story #2

Occupation: Clerical

Situation: Jacob's keyboard and mouse were improperly positioned in his workspace. He experienced ongoing neck and back pain, and chronic strain and inflammation of an elbow tendon.

How the Workplace Possibilities consultant helped: The Workplace Possibilities consultant performed a thorough ergonomic assessment and facilitated a worksite modification that included a specialized chair, computer support platform, mouse, keyboard arm, wrist rests and an adjustable document holder. The changes helped Jacob reduce his discomfort and stay at work.

Outcome: Jacob was able to stay on the job and avoid taking disability leave.