

Time out for health reasons?

Here are some important tips:



1) Occupational Health

A referral needs to be made by your line manager even if you don't yet know when you will recover. Occupational health could recommend adjustments, adaptations or a phased return.

2) Check your Trust policy

You may only be entitled to **two weeks full pay** once you return, followed by pro rata. Understanding payment arrangements in advance can help you plan when you return and **avoid unwanted surprises**.



3) BMA

The BMA can **attend meetings** and liaise with your employer on your behalf, **advocating** for you when you are focussing on getting well.

4) Access to work

If you require workplace adjustments or **equipment** then these can be **paid for** through access to work.

<https://www.gov.uk/access-to-work>



5) Financial help

The Royal Medical Benevolent Fund can help if you are **struggling financially**.

<https://rmbf.org/>

6) SuppoRTT Champion

Your local champion is a consultant who can **advise and advocate** for you in navigating the return to work process.

