
Understanding your medical certificate

Fit for selected work

You've been given a 'fit for selected work' medical certificate. This means there are some things you can still safely do at work while recovering from your injury.

Show this medical certificate to your employer, boss, or team leader and talk to them about what work you could do.

As your injury means you can't work in your usual way, if you're in paid employment you could get financial support from us, called weekly compensation.

What if my employer asks for a 'fully unfit' medical certificate?

There are only a few reasons why someone would be fully unfit for work:

- they are in hospital, or must stay in bed
- the type of injury means they need to quarantine (stay away from other people, or workplace) because of a risk of infection, and they can't work at home
- going to work would be a health and safety risk to them, their co-workers, or the general public. For example, a head injury or certain medication means they are not able to think or work in their usual safe way.

Your health provider will have already thought about these things and decided you do not need a fully unfit medical certificate.

If your employer asks for a 'fully unfit' medical certificate, please tell them to look at the ACC website which has more information for them.

Does a 'fit for selected work' medical certificate change my weekly compensation?

The benefit of a 'fit for selected work' medical certificate is that you could earn up to 100% of your usual income while you recover.

Someone who is 'fully unfit' can only get 80% of their usual income in weekly compensation.

If you can do some work, your employer will pay you for those hours. We can top up your payments with weekly compensation, so you could get up to 100% of your usual pay. You'll need to let us know what you've been paid.

If your employer can't offer you different hours or work while you're injured, we can still support up to 80% of your income with weekly compensation.



How do I know when to get a new medical certificate?

If your injury is still stopping you from doing your usual work, see your health provider before your medical certificate runs out. This will ensure support, like weekly compensation payments, will continue and we know how you're recovering.

What other support can help me recover at work?

We can work with you and your employer to provide extra support if you need it, like equipment to help you work safely, and transport to and from work. We can also arrange for someone to visit your workplace and make a recovery plan with you.

What do I need to do now?

TALK TO YOUR EMPLOYER

Give them a copy of your medical certificate and talk about what kind of work or hours you can safely do.

VISIT OUR WEBSITE

Find out how weekly compensation works, how we can support you at home, and why recovering at work is important.

acc.co.nz/im-injured
acc.co.nz/recovery-at-work

Get information if you are self-employed (search keyword 'self-employed').

You can access our website on your mobile device, even if you don't have data or an internet connection. Visit acc.co.nz/use-our-website-for-free-on-mobile to find out more.

APPLY FOR WEEKLY COMPENSATION AND SUPPORT USING MYACC

Use MyACC to request support for your injury online using your phone, tablet, or computer. You will be sent an email or text to register.

You can:

- apply for weekly compensation and view upcoming payments
- request equipment to help with everyday tasks
- upload a new medical certificate before yours expires
- enter any hours you work, and more.

Our website has more information, search 'MyACC', or call us at 0800 101 996.



Scan the QR code, or visit acc.co.nz/getting-back-to-work



He Kaupare. He Manaaki.
He Whakaora.
prevention. care. recovery.

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