



# Ill or Injured?

## Determine the **path** you need

Personalized Assistance to Health, or **path**, is a voluntary and confidential early assistance and support program sponsored by Path2Health (the Health Association Nova Scotia LTD Plan). After 7 days of being off work (or not performing your full days or duties) due to a non-work related illness or injury, **path** can help. Participation in the program provides access to funding for a range of services and treatments that can assist with your recovery.

Physiotherapy, Occupational Therapy, Massage Therapy, Counselling Services, Diagnostic Services, Work Conditioning/Hardening, Orthotics, Braces and Supports, Weight Loss Programs, Dietitian Services, Fitness Programs.

And if it's the best **path** for you, we help with the Path2Health (LTD) application process while you continue to access services and treatments you need.

### GET ON YOUR **path** TO HEALTH IN 3 SIMPLE STEPS...

1. **Find your path.** Ask questions and self-refer. Call us at 1-888-824-3273.
2. **Build your path** – work one-on-one with us to build a plan that works for your recovery.
3. **Navigate your path, with help** – You are not alone. We support your journey back to work or to a decision on a Path2Health (LTD) application.



### IT'S YOUR **path** TO...

- A faster recovery
- A smoother return to gainful employment
- An easier transition to Path2Health (LTD) if required
- A shorter stay on Path2Health (LTD) through the early intervention provided by **path**



The sooner we can be involved the better.  
Start your **path** back to health today.

Get all of the details at [www.healthassociation.ns.ca/path](http://www.healthassociation.ns.ca/path)

**path** is unique and is not like any other program offered to you. It is not an attendance management, income replacement, or a counselling service like EFAP. **path** provides personalized assistance – what you need – to help you get well.

REACH OUT FOR MORE INFORMATION:

1-888-824-3273 / [path@healthassociation.ns.ca](mailto:path@healthassociation.ns.ca)