

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 is affecting how you usually work, you may be able to get financial support from us, called weekly compensation.

What if my employer asks for a 'fully unfit' medical certificate as no suitable duties are available?

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 has carefully considered the criteria and decided you do not need a 'fully unfit' medical certificate.

If your employer asks for a 'fully unfit' medical certificate, let them know that your health provider's decision is based on your ability to work, not on the availability of suitable duties. For more information on how your employer can support your recovery at work, direct them to the ACC website for guidance and resources.

acc.co.nz/supporting-your-injured-employee-to-recover-at-work

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

With a 'fit for selected work' medical certificate you may be able to earn up to 100% of your usual income while you recover, through a mix of weekly compensation and employment income.

If you can do some work, like reduced hours or suitable duties, your employer will pay you for those hours and your weekly compensation payments will be adjusted to reflect this. To ensure your payments remain correct, you'll need to log your hours each week through MyACC or by calling us.

If you have been issued a 'fit for selected work' certificate and your employer can't offer you different hours or duties while you're injured, you can still receive up to 80% of your income with weekly compensation. Learn more about weekly compensation on our website: acc.co.nz/weekly-compensation.

Is it safe to work while I recover?

Yes — returning to work, even on alternative duties, can support your recovery and helps keep you connected to your workplace. Continuing with your everyday activities, where you're able to, can help you recover sooner. This is part of what we call an **active recovery**.

Talk to your health provider, like your physio or GP to learn what type of active recovery is best for you.

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 expires. This keeps your support, like weekly compensation, on track and helps us understand how you're recovering.

You can upload your new medical certificate in MyACC or send it to us.

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.

Get tools and guidance on our website to support your recovery at work: acc.co.nz/getting-back-to-work

What are my next steps?

Talk to your employer

Give them a copy of your medical certificate and talk about the work or hours you could safely do.

Apply for weekly compensation and support using MyACC

MyACC makes it easy to apply for support and manage your claim 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, or call us on 0800 101 996. We're here to help.

Use our website free of charge from your mobile — even if you have no data or credit.

