

For injured workers of self-insured businesses



Ten things you need to know about your claim

Office of the Ombudsman

Advocating for the rights of injured workers of self-insured businesses

Need help with your workers' comp claim?

Contact:

Office of the
Self-Insured Ombudsman
Department of Labor & Industries
7273 Linderson Way SW
PO Box 44001
Olympia WA 98504-4001
1-888-317-0493
Fax 360-902-4202

1. You cannot waive your rights under Washington industrial insurance law.
2. You have the right to choose your attending physician.
3. You cannot be discriminated against for filing a claim.
4. If you are unable to work as a result of your injury or occupational disease, you will be paid a portion of your wages.
5. A protest or appeal to an order must be made in writing. Follow the instructions on the order.
6. You are entitled to a copy of your claim file from your employer or your employer's third party administrator (TPA).
7. Keep copies of all your claim related information.
8. Attend your medical appointments and follow your prescribed treatment plan.
9. Keep in contact with your employer.
10. Do not ignore work-related medical bills sent to you. Contact your employer or the TPA. Health-care providers should bill your employer or TPA directly for work-related treatment.

*Other formats for persons with disabilities are available.
Call 1-800-547-8367. TDD users call 360-902-5797.*

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