

## CHAPTER 5

### DURING YOUR STAY AT THE MISSION

Now that you have settled in, be sure to make yourself familiar with the following sections in this chapter dealing with some personal matters that may have to be dealt with while you are living abroad. These concerns include illness and injury, health risks, household staff, culture shock, money problems, chemical dependency, divorce, retirement, caring for the elderly, and death abroad.

#### 5.1 Post Attributable Illness or Injury

It may seem as if you'll be filling out claim forms constantly at your new mission, and all of this extra work may, in fact, make you feel sick! All kidding aside, if you do, in fact, become ill or injured during your posting refer to the following advice about medical claims available to you.

You may suffer an illness or injury attributable to conditions at the mission which is of a type whose incidence is greater than in Canada. If you suspect yours is such a case, you should submit all detailed medical reports to Health Canada who will determine whether your case is a post attributable one. If Health Canada confirms that it is, the claim will then be submitted to the Workers' Compensation Board for reimbursement of expenses, leave, etc. and not to PSHCP. Superannuation (ABPS) will handle this, and require from you the following documents:

1. Employer's Report of Accidental Injury or Industrial Disease, (Form 0007);
2. Report of Accident on Duty (EXT 1285);
3. Original medical bills, invoices, receipts, etc.;
4. A written statement authorizing Health Canada to release all medical reports to the Workers' Compensation Board.

You should know that ...

- When an employee is absent from duty as a result of a post attributable illness or injury, the employee must apply for sick leave (with or without pay). The "Application for Leave and Monthly Attendance Report", "EXT 989-1) should be submitted to ABP in the usual manner, with a copy forwarded to ABPS with the claim.
- Once a decision has been reached by the Workers' Compensation Board, the sick leave will be converted to "Injury on Duty" Leave, (Code 660).

#### 5.2 Preventive Health Care

One of the first steps you should take on getting settled in is to establish a professional relationship with a local doctor. Your family's medical history, obtained from your previous physician, will assist the new doctor in responding to your concerns.

you may be exposed to greater health risks abroad than while you are working in Canada. Moreover, even though you may have fairly comprehensive medical plans, there may very well be costs that go beyond the limits of your coverage. The intent of Part VI of the Foreign Service Directives is to offer preventive health services and to supplement your insurance while you are abroad.