



RestoreResilience: For Injured Workers



A.I.M. Mutual recognizes there may be various challenges after a workplace injury occurs. To support employees recovering from an on-the-job accident or illness, we have launched RestoreResilience, a digital program to help them on their personal journey to better health. Once they have been referred by our claims adjuster or Case Management Nurse, they are eligible to enroll at no cost to them. RestoreResilience is personalized for each member. Employees may use it anywhere and anytime, accessing features designed to help them meet their goals.

This new program shows injured workers how to take steps to develop healthy habits for their mental and physical health, all at their fingertips. They get paired with a personal health coach who is available by text or for 1:1 calls as often as they like. They can access helpful webinars, community support, healthy recipes, relaxation activities, and so much more!



INJURED WORKERS JOIN FOR FREE

restorerresilience.com/aimmutualresilience

www.aimmutual.com | 781.221.1600 | 800.876.2765

As part of our A.I.M. Vantage Wellness Service to Policyholders we are proud to offer our Award-winning programs, custom resources, training, metrics and analysis, and injury management tools.

PARTNERSHIP

Our Worksite Wellness program perpetuates our partnership with employers in far reaching ways:

- The at-risk worker is saved from a potentially longer recovery time with complications
- An employer experiences less lost time interruption
- Wellness knowledge gained at work is often brought home and shared
- Absenteeism often drops while productivity rises

All policyholders can receive access to our library of materials and we are available by phone, virtual meeting, outdoors in your parking lot or in-person, if guidelines permit.

RESOURCES

We've developed materials with respected wellness experts to support your wellness programming:

- Healthy Eating Cookbook
- Balanced Eating Guide (with menus)
- Dine & Design (choosing snacks at work)
- Living with Intention
- Managing your Blue Light
- Tobacco Cessation
- Mindful Eating Table Tents
- Nutrition: Understanding Food Labels
- Managing Your Stress

	Service
Needs & Interest Survey for all employees with customized recommendations	✓
Four training sessions	✓
Access to all wellness resource materials	✓
Technical assistance sessions	✓
Subscription to online software platform	✓
Onsite programming for employees	✓