1. Report your injury to your supervisor.
2. Call 855-XXX-XXXX to speak to a Registered Nurse.
3. Provide your employer’s account number found on the front of this card.

**3 Steps of TeleCompCare**

TeleCompCare®

**855-XXX-XXXX**

(EMPLOYER) Account #: (00000)

**24/7**

**Call 911**

For Medical  
Emergencies