
ARCHDIOCESE OF SEATTLE

WORKERS' COMPENSATION



If you have a work-related injury, illness or condition please follow these steps:

1. Apply appropriate first aid and seek immediate medical attention in an emergency.
2. Call our Workers' Compensation Claims Administrator, Sedgwick at 866-471-9518. A nurse will discuss your injury with you. If medical treatment is necessary, the nurse can help you find a covered health-

care provider for work related illnesses and injuries and recommend appropriate treatment for you. If a claim needs to be filed, the nurse will help you through the claim filing process. It's that easy!

3. Once a claim is filed, you will receive a packet from Sedgwick including the booklet, "A Guide to Workers' Compensation Benefits for Employees of Self-Insured Businesses," which contains a lot of helpful information.

Any questions you have may be directed to
Maggie Parros or Nick Altenhofen,
Workers' Compensation Office, at 800-457-9306 or
workerscompensation@seattlearch.org