

# RETAIN MINNESOTA

Retaining  
Employment  
and Talent After  
Injury/Illness  
Network

**MN RETAIN: Providing guidance and helping Minnesota workers return to work after injury or illness.**

## Have you suffered an injury or illness that impacts your life or work?

**MN RETAIN: We can help make things easier for you during this challenging time – at no cost to you.**

Many individuals may feel intimidated or confused when navigating the healthcare system and returning to work after experiencing an injury or illness.

MN RETAIN helps to provide early intervention strategies for keeping you at work or helping you to return to work as soon as medically possible. We can help guide you through your medical situation and assist with getting you back on track with everyday life.

### MN RETAIN helps injured and ill workers:

- > Maintain relationships with employers
- > Support self-esteem
- > Retain job skills
- > Maximize physical health and rehabilitation
- > Resume everyday life at home and at work

### How does MN RETAIN work?

RETAIN includes a team of Return-to-Work Case Managers who:

- > Are experts in return-to-work and can help you with an injury or illness that impacts employment
- > Assist with coordinating return-to-work plans with treating provider(s) and employer(s) for workers who qualify
- > Can connect MN RETAIN participants to additional Workforce Development services when needed:
  - Career Planning
  - Financial Supportive Services
  - Other Career Related Services
  - Classroom Training
  - Paid Work Experience

## MN RETAIN services are FREE to workers who qualify.

All participants will be provided resources to access independently in the community.

For further information about MN RETAIN, visit our website at [www.mnretain.com](http://www.mnretain.com)



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### Contact MN RETAIN

Call 507-284-4537, email, or self-refer through our website at [www.mnretain.com](http://www.mnretain.com). You will be contacted by a member of the MN RETAIN Team who will describe the requirements of this grant-funded program and walk you through the enrollment process. MN RETAIN can also assist eligible workers who have been referred by their healthcare provider, employer, or another professional.

**MN RETAIN** is a collaborative program led by the Minnesota Department of Employment and Economic Development (DEED), Minnesota Department of Health (MDH), Department of Labor and Industry (DLI), Mayo Clinic, and Workforce Development Inc (WDI) and includes stakeholders throughout MN.

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