Irish Life

medmark
OCCUPATIONAL HEALTHCARE

Rehabilitation Programme for treatment of **Fibromyalgia**

Run by Medmark Occupational Healthcare

In association with Irish Life

Fibromyalgia is a condition where the defining characteristic is widespread pain that can be in any part of the body and can move around to other body parts too. Other symptoms associated with the condition are fatigue, anxiety, morning stiffness and sleep disorders.

This programme is designed to assist you if you are suffering with Fibromyalgia. The programme is tailored to your needs and is designed to help improve your quality of life, and assist in your transition back into the workplace.

How does the programme work?

This is a 12 week programme with a multidisciplinary approach, consisting of a number of steps involving a variety of treatment approaches.

The programme is individually tailored to your specific needs in consultation with you.

The initial assessment is carried out by an Occupational Health Physician who will explain the steps of the programme, addressing any concerns you may have and provide ongoing support to you.

Then the programme will cover the following sessions:

- Cognitive Behavioural Therapy (CBT) - 6 sessions are a central part of the programme.
- 2 sessions with a nutritionist.
- There are 12 attendances with a physiotherapist.

Ongoing Reviews and Support

- The Occupational Health Physician will review your progress.
- An Occupational Health Nurse will manage your appointments.

How is this programme paid for?

The cost of the programme is fully paid for by Irish Life.

Why is Irish Life providing this service?

This programme is provided to try and assist you to improve your quality of life, and assist in your transition back to the workplace.

Where does the programme take place?

The programme is run from four different locations in the country – Dublin, Cork, Galway and Limerick.

How does the programme begin?

If you wish to participate in the Rehabilitation programme for treatment of Fibromyalgia, Irish Life will ask you to complete a consent form first.

This authorises Medmark Occupational Healthcare to contact you and arrange an initial assessment.

Our Rehabilitation Specialist will be available to discuss any aspect of the programme with you further.

Confidentiality

Medmark Occupational Healthcare will only disclose information about you to Irish Life's Chief Medical Officer.

Reports from the programme will be used by the Income Protection Claims team in the management of your claim.

We are here to help

For more information on this programme, please contact:

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Information correct as at December 2021.

Contact us

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Write to Irish Life, Irish Life Centre, Lower Abbey Street, Dublin 1.

Irish Life Assurance plc, trading as Irish Life is regulated by the Central Bank of Ireland.
In the interest of customer service we will monitor calls.
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For more up-to-date information, see www.irishlifeemployersolutions.ie

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