**Request to Work from Home for Health Reasons**

Here's an example of an email you could use if you'd like to work remotely because of health concerns:

*Subject line: Request to work from home for health reasons*

*Dear Charles,*

*Due to personal health issues, I'd like to request the chance to work from home. As you know, I'm immune compromised, and lately I have been experiencing more symptoms. By working from home, it would give me the flexibility to rest and make doctor's appointments without interrupting my workday. I believe that because of this, I could maintain or even improve my level of productivity.*

*Even though I'd be primarily working remotely, I would still be available through phone or email and could always come into the office when necessary.*

*Thank you for taking the time to consider my request. Please let me know if you have any questions or concerns.*

*Best,*

*Rose Miller*