

**The CareWorks
Workers' Compensation Medical Care Plan**

**City of Ansonia
And
Ansonia Board of Education**

**EFFECTIVE DATE OF PLAN IS:
AUGUST 15, 2008**

**REVISED DATE IS:
APRIL 1, 2019
JULY 1, 2019**

Prepared for:

**PMA Management Corp. of New England
101 Barnes Road
Suite 300
Wallingford, CT 06492**

The City of Ansonia and Ansonia Board of Education Medical Care Plan

To All Employees:

The City of Ansonia and Ansonia Board of Education has elected to become a participating employer in an Employers Medical Care Plan filed with the Connecticut Workers' Compensation Commission. The Employer Medical Care Plan allows The City of Ansonia and Ansonia Board of Education to direct employees to a list of medical providers for treatment of work-related injuries and illnesses. **Employees are obliged to obtain treatment from providers in the approved plan; failure to do so may suspend an employees' right to receive workers' compensation benefits, subject to the order of a Worker's Compensation Commissioner.** The City of Ansonia and Ansonia Board of Education Employer Medical Care Plan is part of **The CareWorks Medical Care Plan**, of PMA Management Corp. of New England, the employer's risk management firm. The effective date of the Employer's Medical Care Plan is August 15, 2008. The plan was most recently revised and effective July 1, 2019.

As an employee of The City of Ansonia and Ansonia Board of Education, you must report a work-related injury or illness to your supervisor, who will complete a First Report of Injury Form before the end of the shift. If you require medical intervention or evaluation for your injury, you will be directed to your choice from an occupational health center to receive treatment. If you require further medical treatment, contact your program coordinator. If you have a medical emergency, go to the nearest emergency department.

You may obtain follow-up medical care from providers listed on The CareWorks Medical Care Plan directory, which is available through your program coordinator. Should your injury require specialty treatment not available in The CareWorks Medical Care Plan, a consultant from an approved list established by the Workers' Compensation Commission may be chosen for your treatment.

Please review the medical care plan guide, and sign the Employee Acknowledgment, recognizing your understanding and that you have read and understand the process for treatment of work-related injuries or illnesses.

If you are out of work as a result of your work-related injury, you will be contacted regularly by your program coordinator and/or the **PMA Management Corp. of New England** Claims Coordinator to determine that your medical needs are met. Each of you is an important member of the **City of Ansonia and Ansonia Board of Education** and the purpose of this program is to ensure you receive appropriate medical treatment in a timely manner to facilitate recovery.

The City of Ansonia and Ansonia Board of Education Medical Care Plan includes a utilization review company which is available to you should there be any questions or disputes about the level and/or quality of care.

The Management staff at City of Ansonia and Ansonia Board of Education, PMA Management Corp. of New England, and CareWorks are available to assist you from the time of your injury through recovery and return to work.

TWELVE QUESTIONS

You Ask About Workers' Compensation Protection.

1. What is Workers' Compensation?

The purpose of Workers' Compensation is to provide injured workers and those who depend upon them with a means of support when they are unable to work because of a **work-related** disability. Its purpose also is to bring about a prompt recovery. Workers' compensation is basically a no-fault system with benefits paid, no matter who is responsible.

2. What is a "Work-Related Injury or Illness?"

The term "Work-Related Injury or Illness" is used to describe any injury or disease which results from work or working conditions and which occurs during the employee's service to the employer.

3. Who handles a Workers' Compensation claim?

PMA Management Corp. of New England is the claims administrator for City of Ansonia and Ansonia Board of Education. They administer all compensation benefits an injured worker is entitled to receive. If you have any questions about workers' compensation, contact your program coordinator or PMA Management Corp. of New England.

4. How do you get benefits?

Report the injury to your supervisor immediately! Just specify what, where, when and how it happened, enough information so that he/she can complete the First Report of Injury form.

Prompt reporting is the key. Benefits are automatic for work-related injuries or illnesses. But, nothing can happen until your employer knows about the injury, no matter how slight. Even a cut finger can be disabling if an infection develops.

5. What if you need prescription drugs?

All prescriptions needed because of a workers' compensation illness or injuries are reimbursed by workers' compensation insurance.

6. What is the compensation for total disability?

Compensation for Total Disability is money that you receive if the Medical Provider certifies that your illness or injury causes you to lose more than three (3) days of work. You can expect that the amount will be 75% of your net earnings, subject to a minimum and maximum determined by law.

The City of Ansonia and Ansonia Board of Education and PMA Management Corp. of New England work closely with the Medical Provider. When the Medical Provider releases you to return to full duty, the temporary disability wage support stops.

7. What if the doctor releases you to modified work?

Bring your physician's written instructions to your program coordinator immediately. City of Ansonia and Ansonia Board of Education will try to provide you with a temporary modified duty position to meet your doctor's specified restrictions. If the pay rate for your modified duty position is less than the pay rate for your regular position, your weekly compensation will be 75%, of the difference in the after tax earnings between the two positions.

8. What is permanent disability?

Permanent disability is a term, which describes the lasting effect of an on-the-job injury or illness. If you have a permanent physical limitation from your injury or illness, PMA Management Corp. of New England provides you with additional payment. As you would expect, the amount of payment depends upon the effect of the injury. The State of Connecticut Workers' Compensation law establishes a schedule for payment of permanent disability injuries or illnesses based on your percentage of disability, as determined by your physician and your salary at the time of the injury.

9. Where do you obtain medical treatment?

Prompt medical care is a key element to a fast recovery from an injury or illness. Emergency medical care and medical follow-up treatment can often mean the difference between complete recovery from an injury or lasting physical disability. If you become injured at work, **GET EMERGENCY MEDICAL CARE IMMEDIATELY FROM THE NEAREST EMERGENCY DEPARTMENT OR MEDICAL CARE PLAN MEDICAL CENTER.**

If you are injured during regular working hours, you should report your injury to your supervisor and proceed to a plan primary care center. If you become injured when the centers are closed, you should go to the nearest **emergency department.**

10. What if you need continuing medical treatment?

In the event an employee's injury requires additional medical care beyond the initial visit to the emergency department, a choice of a primary care physician will continue to provide necessary treatment and referrals to specialists when needed.

Should your injury require specialty treatment not available in The CareWorks Medical Care Plan, a consultant from an approved list established by the Workers' Compensation Commission may be chosen for your treatment

Employees are required to obtain treatment from providers in the approved plan. Failure to do so may suspend an employee's right to receive workers' compensation benefits, subject to the order of a Workers' Compensation Commissioner.

11. What if you have further questions?

If you have further questions regarding your workers' compensation benefits, contact your program coordinator or PMA Management Corp. of New England Claims Manager at 1-203-679-3900 or 1-888-476-2669.

12. What if you question your medical treatment?

CareWorks can review the medical care and services being provided to you. They can be contacted at 1-800-992-5531.

Modified Duty Procedure

Policy

The City of Ansonia and Ansonia Board of Education will provide modified duty whenever possible to all employees who have a reduced work capacity as a result of an occupational injury/illness.

Purpose

To permit the injured employee to remain in the work environment and to affect an expedient return to his/her regular job.

1. The designated Workers' Compensation Coordinator for City of Ansonia and Ansonia Board of Education will initiate and maintain contact with both the employee and his/her supervisor following a work related injury.
2. The physician will be asked to assess the employee's ability to return to duty in either a full or modified capacity, based on a description of the employee's regular work. The physician must specify in writing the type and duration of any restriction.
3. The designated Workers' Compensation Coordinator will inform the department supervisor of the employee's readiness to return to work, identifying full or limited work capacity.
4. Based on the physician's determination of the employee's work capacity, the supervisor must decide if the employee's job may be modified by temporarily:
 - (a) Eliminating or modifying specific tasks;
 - (b) Reducing the work hours and/or days;
 - (c) Reassigning the employee to a more appropriate position.
5. If the unit or department is unable to place the employee in a suitable position, the administrator will try to locate an appropriate position in another unit or department.
6. The employee will be reevaluated at the end of each restriction period and the position will be modified according to the employee's progress. Both the employee and department supervisor will be informed of what should be expected of the employee at each stage.
7. At the end of eight weeks, the employee will be evaluated as to the need to extend modified duty, resume full duties, be permanently reassigned to a more appropriate position or be directed to a retraining program offered by the State of Connecticut.

City of Ansonia and Ansonia Board of Education

I, the undersigned employee of the City of Ansonia and Ansonia Board of Education, have reviewed a copy of the City of Ansonia and Ansonia Board of Education Employer Medical Care Plan Requirements. I understand that failure to follow the plan's requirements may suspend my rights to receive workers' compensation benefits subject to the order of a workers' compensation commissioner.

Print Name _____

Employee Signature _____

Date _____

The Workers' Compensation document "*Payor and Medical Provider Guidelines to Improve the Coordination of Medical Services*" is available for viewing by employees. A copy will be provided to any employee upon request. Otherwise, this document is available from the injured employee's Supervisor, Manager and/or Department Head.

I have not requested a copy of the "*Payor and Medical Provider Guidelines to Improve the Coordination of Medical Services*" at this time. I understand I can request a copy at any time.

Employee's Signature _____

Date _____

City of Ansonia and Ansonia Board of Education Medical Network for Workers' Compensation

Emergency care may be obtained at the nearest emergency department or center. For your convenience the closest emergency department to your primary place of employment is:

Emergency Care		
Griffin Hospital 130 Division Street Derby, CT 06418 (203) 735-7421		
Primary Care Center		
Griffin Hospital Occupational Medicine Center 10 Progress Drive Shelton, CT 06418 (203) 944-3718 Yale New Haven Occupational Health Plus YNHH/St. Raphael Campus 175 Sherman Avenue New Haven, CT 06511 (203) 789-3271	Yale New Haven Occupational Health Plus 2080 Whitney Avenue, Suite 150 Hamden, CT 06518 (203) 789-6240 Silver Medical & Rehabilitation Center, LLC 28 South Main Street Cheshire, CT 06410 (203) 271-3296	
Chiropractic Medicine		
Seybridge Chiropractic Center 36 New Haven Road Seymour, CT 06483 (203) 888-7246 Signoriello, John, D.C.	Silver Medical & Rehabilitation Center, LLC 28 South Main Street Cheshire, CT 06410 (203) 271-3296 Sparke, Christopher DC	Valley Chiropractic Physicians 24 Derby Avenue Derby, CT 06418 (203) 735-5555 Hochman-Turek Stephanie, DC

If an employee requires the services of a medical specialty that is not available in the Medical Care Plan, the Employee will be offered a choice of a specialist physician on the approved list of practicing medical providers established by the Commissioner.

General Surgery

Advanced Surgical Associates
 115 Technology Drive, C-100
 Trumbull, CT 06611
 (203)268-5212
Fotovat, Ahmad, M.D.

General & Laparoscopic Surgical Associates, LLC
 350 Seymour Avenue, Suite 101
 Derby, CT 06418
 (203) 732-3443
Soto, Leland MD

Park Avenue Surgical Associates
 5520 Park Avenue, Suite 207
 Trumbull, CT 06611
 (203) 373-9015
Kenler, Andrew S., M.D.

Wound Healing Center of Fairfield
 226 Mill Hill Avenue
 Bridgeport, CT 06610
 (203) 384-4325
Butler, William R., M.D.

Neurology

Associated Neurologists of Southern Connecticut, PC
 75 Kings Highway Cutoff
 Fairfield, CT 06824
 (203) 333-1133
Gross, Jeffrey MD
Kadimi, Srinath, MD
Toothaker, Thomas, MD
Zagar, Dario M.D

Associated Neurologists of Southern Connecticut, PC
 670 Boston Post Road
 Milford, CT 06460
 (203) 877-1414
Gross, Jeffrey MD
Kadimi, Srinath, MD
Toothaker, Thomas MD
Zagar, Dario M.D

M. Hasbani, M.D. & M.J. Hasbani, MD, PhD, LLC
 136 Sherman Avenue, Suite 505
 New Haven, CT 06511
 (203) 562-8071
Hasbani, Meyer Joshua MD
Hasbani, Moshe MD

Neurological Specialists, P.C.
 2590 Main Street
 Stratford, CT 06497
 (203) 377-5988
Barasch, Philip, M.D.
Beck, Lawrence, M.D.
Butler, James B. M.D.
Webb, Lisa, M.D.

Neurological Specialists, P.C.
 4 Corporate Drive, Suite 192
 Shelton, CT 06484
 (203) 924-8664
Barasch, Philip M., M.D.
Beck, Lawrence, MD
Butler, James B., M.D.
Webb, Lisa B., M.D.

Neurosurgery

Abraham Mintz, M.D., PC
 5520 Park Avenue, Suite 210
 Trumbull, CT 06611
 (203) 372-6460
Mintz, Abraham, M.D.

**Neurosurgery, Orthopaedic & Spine
 Specialists, P.C.**
 1 Greenwich Place
 330 Bridgeport Avenue
 Shelton, CT 06484
 (203) 755-6677
Gorelick, Judith MD

Michael E. Opalak, M.D., PC
 2890 Main Street, 2nd Floor
 Stratford, CT 06614
 (203) 336-3303
Opalak, Michael MD

Orthopaedic Specialty Group, PC
 2 Enterprise Drive, Suite 204
 Shelton, CT 06484
 (203) 944-0042
Shear, Perry A., M.D.
Zimmerman, Gary A., M.D.

Orthopaedic Specialty Group, PC
 305 Black Rock Turnpike
 Fairfield, CT 06825
 (203) 337-2600
Shear, Perry A. M.D.
Zimmerman, Gary A., M.D.

Ophthalmology

Connecticut Eye Specialist, LLC
 4 Corporate Drive Suite 285
 Shelton, CT 06484
 (203) 926-1700
Sokol, Joseph M.D.

Pinke Center for Eye Health
 9 Cots Street
 Shelton, CT 06484
 (203) 924-8800
Pinke, James R., M.D.

Opticare Eye Health Center, Inc.
 87 Grandview Avenue
 Waterbury, CT 06708
 (203) 574-2020
Bosjolie, Anjela O.D.
Capuano, Mara O.D.
Dincher, Stephen, O.D.
Dua, Neeru., M.D.
Fei, Eugene, O.D.
Gershon, Meredith R., M.D.
Gilbert, Richard, M.D.
Konykhov, Olga MD
Nguyen, Kelly O.D.
Oberman, Jeffrey MD
Peterson, W. Scott, M.D.
Schonfeld, Jessica MD
Seymour, Tara M.D.
Sou, Sidet O.D.
Yimoyines, Dean J., M.D.

Orthopedic Surgery

**Center for Orthopaedics –
a division of CT Ortho Specialists**
2200 Whitney Avenue, Suite 170
Hamden, CT 06518
(203) 281-4400
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

**Center for Orthopaedics –
a division of CT Ortho Specialists**
20 Commerce Park
Milford, CT 06460
(203) 876-1723
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

**Center for Orthopaedics –
a division of CT Ortho Specialists**
60 Temple Street, Suite 3B
New Haven, CT 06510
(203) 562-2663
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

**Center for Orthopaedics –
a division of CT Ortho Specialists**
1 Greenwich Place
889 Brudgeport Avenue
Shelton, CT 06484
(203) 538-0020
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

Connecticut Orthopaedic Specialists
258 Broad Street
Milford, CT 06460
(203) 877-5522
Lahav, Amit, M.D.
Schachter, Aaron K., M.D.
Weisman, Tedd L., M.D.

Connecticut Orthopaedic Specialists
One Greenwich Place
889 Bridgeport Avenue
Shelton, Connecticut 06484
(203)538-0020
Beiner, John M., M.D.
Bradburn, Hubert B., M.D.
Cohen, David B., M.D.
Diana, Richard, M.D.
Ferrucci, Allen M. M.D.
Kaplan, Norman R., M.D.
Kelley, John D., M.D.
Klauser, Jeffrey N., M.D.
Kramer, Kenneth M., M.D.
McCallum, John M.D.
Minotti, Philip M.D.
Moran, Thomas P., M.D.
Ruwe, Patrick A., M.D.
Scanlan, Mark, M.D.
Tomak, Sanda M.D.
(203) 877-5522
Lahav, Amit, M.D.
Schachter, Aaron K., M.D.
Weisman, Tedd L., M.D.

Orthopaedic Specialty Group, PC
305 Black Rock Turnpike
Fairfield, CT 06825
(203) 337-2600
Awad, John N., M.D.
Backe, Jr., Henry , M.D.
Bindelglass, David F., M.D.
Brittis, Dante , M.D.
Fabian, Lauren M., M.D.
FitzGibbons, James J., M.D.
Kwok, Patrick , M.D.
Malin, Joel W., M.D.
Richer, Ross M.D.
Stanton, Robert , M.D.

Orthopaedic Specialty Group, PC
2 Enterprise Drive, Suite 204
Shelton, CT 06484
(203) 944-0042
Awad, John N., M.D.
Backe, Jr., Henry , M.D.
Bindelglass, David F., M.D.
Brittis, Dante , M.D.
Fabian, Lauren M., M.D.
FitzGibbons, James J., M.D.
Kwok, Patrick , M.D.
Malin, Joel W., M.D.
Richer, Ross M.D.
Stanton, Robert , M.D.

**The Orthopaedic Group –
a division of CT Ortho Specialists**
9 Washington Avenue
Hamden, CT 06518
(203) 407-3040
Bernstein, Richard, M.D.
Irving, John F., M.D.
Lynch, Christopher M.D.
Reznik, Alan M., M.D.
Shia, Derek MD
Wijesekera, Shirvinda A., M.D.
Zell, Richard A., M.D.

Valley Orthopaedic Specialists
2 Trap Falls Road
Shelton, CT 06484
(203) 734-7900
Blechner, Mark H., M.D.
Cambria, Gerald F., M.D.
Kominakas, Ignatius, M.D.
Richo, Gary R., M.D.
Waller, Scott M.D.

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