

**The PMA Insurance Group  
Workers' Compensation Medical Care Plan**

**City of Stamford  
And  
Stamford Board of Education**

**EFFECTIVE DATE OF PLAN IS:**

**July 1, 2020**

**Prepared for:**

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

# City of Stamford and Stamford Board of Education

## Medical Care Plan

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To All Employees:

City of Stamford and Stamford 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 City of Stamford and Stamford 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 Stamford and Stamford Board of Education Employer Medical Care Plan is part of **The PMA Insurance Group Medical Care Plan**, of PMA Management Corp. of New England, the employer's risk management firm. The effective date of the Employers Medical Care Plan is July 1, 2020.

As an employee of City of Stamford and Stamford 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 PMA Insurance Group Medical Care Plan directory, which is available through your program coordinator. Should your injury require specialty treatment not available in The PMA Insurance Group 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 Insurance Group Medical Care Plan** Claims Coordinator to determine that your medical needs are met. Each of you is an important member of the **City of Stamford and Stamford 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 Stamford and Stamford 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 staffs at City of Stamford and Stamford Board of Education, PMA Management Corp. of New England are available to assist you from the time of your injury through recovery and return to work.

# **TWELVE QUESTIONS**

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## **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 Stamford and Stamford 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 injury 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.

City of Stamford and Stamford 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 Stamford and Stamford 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 PMA Insurance Group 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?

Coventry can review the medical care and services being provided to you. They can be contacted at 1-800-272-1255.

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# Modified Duty Procedure

## Policy

City of Stamford and Stamford 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 Stamford and Stamford 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 Stamford and Stamford Board of Education

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I, the undersigned employee of City of Stamford and Stamford Board of Education, have reviewed a copy of the City of Stamford and Stamford 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 \_\_\_\_\_

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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 Stamford and Stamford 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	
<p><b>Bridgeport Hospital</b> 267 Grant Street Bridgeport, CT 06610 (203) 384-3000</p> <p><b>Danbury Hospital</b> 24 Hospital Avenue Danbury, CT 06810 (203) 739-7000</p> <p><b>Greenwich Hospital</b> 5 Perry Ridge Road Greenwich, CT 06830 (203) 863-3000</p>	<p><b>Norwalk Hospital</b> Maple Street Norwalk, CT 06856 (203) 852-2000</p> <p><b>Saint Vincent's Medical Center</b> 2800 Main Street Bridgeport, CT 06606 (203) 576-5500</p> <p><b>Stamford Hospital</b> 30 Shelburne Road Stamford, CT 06904 (203) 276-1000</p>
Primary Care Center	
<p><b>Yale New Haven Health - Occupational Medicine and Wellness Services</b> 260 Long Ridge Road Suite 2140 Stamford, CT 06902 (203) 863-3483</p>	<p><b>AFC Doctors Express Urgent Care - Stamford</b> 3000 Summer Street Stamford, CT 06905 (203) 969-2000</p>

## Cardiologists

**Advanced Cardiovascular Specialists**  
 439 Mill Hill Avenue  
 Bridgeport, CT 06610  
 (203) 334-2100  
**Amir, Doron, M.D. Logue,**  
**Michael M.D. Marshalko,**  
**Stephen, M.D. Panetta,**  
**Randolph, M.D.**

**Advanced Cardiovascular Specialists**  
 52 Beach Road  
 Fairfield, CT 06824  
 (203)255-4401  
**Amir, Doron, M.D.**  
**Logue, Michael M.D.**

**Cardiac Specialists, PC**  
 1305 Post Road  
 Fairfield, CT 06824  
 (203) 292-2000  
**Casale, Linda R., M.D.**  
**Chiravuri, Murali M.D.**  
**Driesman, Mitchell H., M.D.**  
**Fisher, Lawrence, M.D.**  
**Fishman, Robert F., M.D.**  
**Kunkes, Steven H., M.D.**  
**Meizlish, Jay L., M.D.**  
**Nero, Thomas A., M.D.**  
**Pollack, Brian, M.D.**  
**Raymond, Ronald, M.D.**  
**Schussheim, Adam E., M.D.**  
**Taikowaski, Richard L., M.D.**  
**Tuohy, Edward R., M.D.**  
**Winslow, Robert, M.D.**

**Cardiology Physicians of Fairfield County, PC**  
 40 Cross Street Suite 200  
 Norwalk, CT 06851  
 (203) 845-2160  
**Augenbraun, Charles B., M.D.**  
**Berman, Jeffrey N., M.D.**  
**Brodsky, Samuel, M.D.**  
**Eysmann, Susan B., M.D.**  
**Jumper, Roert D., M.D.**  
**Kirmser, Ralph J., M.D.**  
**Labarre, Robert L., M.D.**  
**Lomnitz, David M.D.**  
**Lorenz, David P., M.D.**  
**Michaelson, Stephen P., M.D.**  
**Nero, Thomas A., M.D.**  
**Pavlis, Maria M.D.**  
**Pittaro, Michael, M.D.**  
**Portnoy, Edward, M.D.**  
**Selter, Jared M.D.**

**Cardiology Physicians of Fairfield County, PC**  
 1177 Summer Street  
 Stamford, CT 06905  
 (203) 353-1133  
**Augenbraun, Charles B., M.D.**  
**Berman, Jeffrey N., M.D.**  
**Brodsky, Samuel, M.D.**  
**Eysmann, Susan B., M.D.**  
**Jumper, Roert D., M.D.**  
**Kirmser, Ralph J., M.D.**  
**Labarre, Robert L., M.D.**  
**Lomnitz, David M.D.**  
**Lorenz, David P., M.D.**  
**Michaelson, Stephen P., M.D.**  
**Nero, Thomas A., M.D.**  
**Pavlis, Maria M.D.**  
**Pittaro, Michael, M.D.**  
**Portnoy, Edward, M.D.**  
**Schuster, Edward H., M.D.**  
**Selter, Jared M.D.**

**Stamford Health Medical Group (SHMG)**  
 80 Mill River Street Suite 1300  
 Stamford, CT 06902  
 (203) 348-7410  
**Choi, Joonun (Chris), M.D.**  
**D'Onofrio, Gregory R., M.D.**  
**Landesman, Richard H., M.D.**  
**Schuster, Edward H., M.D.**



### Chiropractic Medicine

<p><b>Accel-Health</b> 970 Summer Street Stamford, CT 06905 (203) 348-0123 <b>Malkiel, Reuben DC</b></p> <p><b>Bellows Chiropractic</b> 25 Lindeman Drive Trumbull, CT 06611 (203) 373-0315 <b>Bellows, Kevin DC</b></p> <p><b>J. Ilan Burstein, D.C., P.C.</b> 6 Wishing Well Lane Stamford, CT 06902 (203) 325-8112 <b>Burstein, J. Ilan, DC</b></p>	<p><b>Michael S. LaMonica, D.C., PC</b> 500 Newfield Avenue Stamford, CT 06905 (203) 327-1170 <b>LaMonica, Michael S, DC</b></p> <p><b>Richard W. Beck, D.C., P.C.</b> 89 West Street Danbury, CT 06810 (203) 743-4834 <b>Beck, Richard W, DC</b></p> <p><b>Orthopaedic Specialty Group, P.C.</b> 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 <b>Carr, Brett M, DC</b></p> <p><b>Orthopaedic Specialty Group, P.C.</b> 2909 Main Street Stratford, CT 06614 (203) 377-8154 <b>Carr, Brett M, DC</b></p>	<p><b>The Orthopaedic &amp; Sports Medicine Center– a division of CT Orthopedic Specialists</b> 1055 Post Road Fairfield, CT 06430 (203) 254-1055 <b>Pagliari-Haywood, Michelle, DC</b></p> <p><b>The Orthopaedic &amp; Sports Medicine Center– a division of CT Orthopedic Specialists</b> 888 White Plains Road Trumbull, CT 06611 (203) 268-2882 <b>Pagliari-Haywood, Michelle, DC</b></p> <p><b>The Orthopaedic &amp; Sports Medicine Center– a division of CT Orthopedic Specialists</b> 1800 Post Road East Westport, CT 06881 (203) 268-2882 <b>Pagliari-Haywood, Michelle, DC</b></p>
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### General Surgery

<p><b>Advanced Surgical Associates</b> 115 Technology Drive, C 100 Trumbull, CT 06611 (203) 268-5212 <b>Fotovat, Ahmad, MD</b></p> <p><b>Kathleen A. LaVorgna, M.D., PC</b> 40 Cross Street, Suite 260 Norwalk, CT 06851 (203) 846-3338 <b>LaVorgna, Kathleen MD</b></p> <p><b>Park Avenue Surgical Associates</b> 5520 Park Avenue, Suite 207 Trumbull, CT 06611 (203) 373-9015 <b>Kenler, Andrew, MD</b></p>	<p><b>Stamford Health Medical Group (SHMG)</b> 1500 Post Road, 2nd Floor Darien, CT 06820 (203) 276-8559 <b>Miller, Kevin, MD</b> <b>Papa, Joey, MD</b></p> <p><b>Stamford Health Medical Group (SHMG)</b> 29 Hospital Plaza, Suite 603 Stamford, CT 06902 (203) 276-5959 <b>Dwyer, Kevin, MD</b> <b>Miller, Kevin, MD</b> <b>Papa, Joey, MD</b> <b>Symons, William, MD</b></p>
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## Neurology

**Associated Neurologists of Southern Connecticut**

75 Kings Highway Cut-off  
Fairfield, CT 06430  
(203) 333-1133

**Gross, Jeffrey, MD**  
**Kadimi, Srinath, MD**  
**Toothaker, Thomas MD**  
**Zagar, Dario, MD**

**Neurological Specialists, PC**

52 Beach Road, Suite 202  
Fairfield, CT 06430  
(203) 254-0284

**Barasch, Philip, MD**  
**Beck, Lawrence, MD**  
**Butler, James B, MD**  
**Webb, Lisa B, MD**

**Neurology Associates of Norwalk, PC**

637 West Avenue, Suite 200  
Norwalk, CT 06851  
(203) 853-5000

**Cuzzone, Louis J, MD**  
**Knorr, Amy M, MD**  
**Story, Daryl, MD**  
**Taraban, Irina, MD**  
**Thompson, James L, MD**

**Stamford Health Medical Group, Inc.**

29 Hospital Plaza Suite 602  
Stamford, CT 06902  
(203) 276-4464

**Xistris, Evangelos D, MD**

**Stamford Health Medical Group, Inc.**

292 Long Ridge Road Suite 101  
Stamford, CT 06902  
(203) 276-4464

**Xistris, Evangelos D, MD**

## Neurosurgery

**Neurosurgical Associates of Southwestern Connecticut, P.C.**

67 Sand Pit Road  
Danbury, CT 06810  
(203) 792-2003

**Sanderson, Scott, MD**  
**Shahid, S. Javed, MD**

**Neurosurgical Associates of Southwestern Connecticut**

148 East Avenue, Suite 3D  
Norwalk, CT 06851  
(203) 853-0003

**Sanderson, Scott, MD**  
**Shahid, S. Javed, MD**

**Orthopaedic & Neurosurgery Specialists**

6 Greenwich Office Park  
Greenwich, CT 06831  
(203) 869-1145

**Apostolides, Paul, MD**  
**Camel, Mark H, MD**  
**Fiore, Armory J, MD**  
**Simon, Scott I, MD**

**Orthopaedic & Neurosurgery Specialists**

5 High Ridge Park  
Stamford, CT 06902  
(203) 869-1145

**Simon, Scott I, MD**

**Orthopaedic Specialty Group, P.C.**

305 Black Rock Turnpike  
Fairfield, CT 06825  
(203) 337-2600

**Shear, Perry, MD**

**Roger H. Kaye, MD, P.C.**

30 Stevens Street  
Norwalk, CT 06856  
(203) 853-0004

**Kaye, Roger H, MD**

**Stamford Health Medical Group (SHMG)**

70 Mill River Street, Suite LL3  
Stamford, CT 06902  
(203) 324-3504

**Rosenstein, C. Cory, MD**

**Stamford Health Medical Group (SHMG)**

25 Valley Drive  
Greenwich, CT 06831  
(203) 324-3504

**Rosenstein, C. Cory, MD**

**Ophthalmology**

<p><b>Danbury Eye Physicians &amp; Surgeons</b> 69 Sandpit Road, Suite 101 Danbury, CT 06810 (203) 791-2020 <b>Altman, Bruce S, MD</b> <b>Daccache, Armand, MD</b> <b>Falkenstein, Ralph J, MD</b> <b>Johar, Archana, MD</b> <b>Mathias, Stephen A, MD</b> <b>Paul, Matthew D, MD</b> <b>Ruggiero, Paul L, MD</b> <b>Zamecki, Katherine MD</b> <b>Zuckerman, Stephen J, MD</b></p>	<p><b>Joan T. Gewirtz, M.D., P.C.</b> 70 Mill River Street Stamford, CT 06902 (203) 348-0868 <b>Gewirtz, Joan T, MD</b></p> <p><b>Delia M. Manjoney, M.D., P.C.</b> 2720 Main Street Bridgeport, CT 06606-5308 (203) 576-6500 <b>Manjoney, Delia M, MD</b></p>	<p><b>Norwalk Eye Surgical Center</b> 148 East Avenue Norwalk, CT 06851 (203) 853-1660 <b>Doctor, Leslie, MD</b></p> <p><b>Norwalk Eye Surgical Center</b> 129 Kings Highway North Westport, CT 06880 (203) 227-4113 <b>Doctor, Leslie, MD</b></p>
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## Orthopedics

<p><b>Coastal Orthopaedics</b> 36 Old Kings Highway South Darien, CT 06820 (203) 845-2200 <b>DeLuca, Jeffrey V., M.D.</b> <b>Frank, Joshua B. M.D.</b> <b>Kleeman, T. Jay, M.D.</b> <b>Lynch, Michael M., M.D.</b> <b>Markey, Paul A., M.D.</b> <b>Soojian, Michael G. M.D.</b></p> <p><b>Coastal Orthopaedics</b> 131 Kings Highway North Westport, CT 06880 (203) 845-2200 <b>DeLuca, Jeffrey V., M.D.</b> <b>Polifroni, Nicholas V., M.D.</b> <b>Protomastro, Paul M.D.</b> <b>DeLuca, Jeffrey V., M.D.</b> <b>Soojian, Michael G. M.D.</b> <b>Stovell, Peter B., M.D.</b></p> <p><b>Coastal Orthopaedics</b> 761 Main Avenue, Suite 115 Norwalk, CT 06851 (203) 845-2200 <b>DeLuca, Jeffrey V., M.D.</b> <b>Frank, Joshua B. M.D.</b> <b>Kleeman, T. Jay, M.D.</b> <b>Lynch, Michael M., M.D.</b> <b>Markey, Paul A., M.D.</b> <b>Polifroni, Nicholas V., M.D.</b> <b>Protomastro, Paul M.D.</b> <b>Soojian, Michael G. M.D.</b> <b>Stovell, Peter B., M.D.</b></p> <p><b>Danbury Orthopedics</b> 226 White Street Danbury, CT 06810 (203) 797-1500 <b>Brand, Michael G., M.D.</b> <b>Ciminiello, Angelo M.D.</b> <b>Deveney, Robert T., M.D.</b> <b>DiGiovanni, Joseph, M.D.</b> <b>Dunleavy, John M.D.</b> <b>Henshaw, D. Ross M.D.</b> <b>Hermantin, Frank M.D.</b> <b>Mulier, Philip J., M.D.</b> <b>Sealey, Randolph, M.D.</b></p> <p><b>Edward M. Staub, M.D., PC</b> 1305 Post Road Fairfield, CT 06430 (203) 254-1275 <b>Staub, Edward M., M.D.</b></p>	<p><b>Orthopedic Surgery &amp; Sports Medicine, P.C</b> 166 Cherry Street New Canaan, CT 06840 (203) 323-7331 <b>Brodsky, Adam R., M.D.</b> <b>Brooks, Jeffrey J, M.D.</b></p> <p><b>Orthopaedic &amp; Neurosurgery Specialists</b> 6 Greenwich Office Park Greenwich, CT 06831 (203) 869-1145 <b>Berliner, Jonathan, MD</b> <b>Cantlon, Matthew B., M.D.</b> <b>Clain, Michael R., M.D.</b> <b>Cunningham, James G., M.D.</b> <b>Delos, Demetris M.D.</b> <b>Ennis, Jr., Francis M.D.</b> <b>Greene, Ronald M.D.</b> <b>Hindman, Steven E., M.D.</b> <b>Kavanaugh, Brian F., M.D.</b> <b>Kowalsky, Marc S., MD</b> <b>Miller, Seth R., M.D.</b> <b>Sethi, Paul M., M.D.</b> <b>Vadasdi, Katherine M.D.</b> <b>Vitale, Mark A., M.D.</b> <b>Wei, David H, MD</b></p> <p><b>Orthopaedic &amp; Neurosurgery Specialists</b> 5 High Ridge Park Stamford, CT 06902 (203) 869-1145 <b>Berliner, Jonathan, MD</b> <b>Cantlon, Matthew B., MD</b> <b>Cunningham, James G., M.D.</b> <b>Delos, Demetris M.D.</b> <b>Greene, Ronald M.D.</b> <b>Hindman, Steven E., M.D.</b> <b>Kowalski, Marc S., MD</b> <b>Vadasdi, Katherine M.D.</b> <b>Vitale, Mark A., M.D.</b> <b>Wei, David H, MD</b></p>	<p><b>Orthopaedic Specialty Group, P.C.</b> 2909 Main Street Stratford, CT 06614 (203) 377-8154 <b>Awad, John M.D.</b> <b>Backe, Jr., Henry , M.D.</b> <b>Bindelglass, David F., M.D.</b> <b>Brittis, Dante , M.D.</b> <b>FitzGibbons, James, M.D.</b> <b>Kwok, Patrick , M.D.</b> <b>Malin, Joel W., M.D.</b> <b>Richer, Ross M.D.</b> <b>Stanton, Robert , M.D.</b></p> <p><b>Plancher Orthopaedic and Sports Medicine</b> 31 River Road Cos Cob, CT 06807 (203) 863-2003 <b>Plancher, Kevin M.D.</b></p> <p><b>St. Vincent's Multispecialty Group</b> <i>Orthopaedic Surgery</i> 401 Monroe Turnpike Monroe, CT 06468 (203) 696-3564 <b>Belkin, Stuart M.D.</b></p> <p><b>Yale Orthopaedics</b> 260 Long Ridge Road Stamford, CT 06906 (866) 470-9253 <b>Tifford, Craig D., M.D.</b></p> <p><b>Yale Orthopaedic Associates</b> 800 Howard Avenue New Haven, CT 06519 (203) 785-2579 <b>Baumgaertner, Michael, M.D.</b> <b>Friedlaender, Gary, M.D.</b> <b>Grauer, Jonathan M.D.</b> <b>Jokl, Peter, M.D.</b> <b>Keggi, Kristaps M.D.</b> <b>Lindsborg, Dieter, M.D.</b> <b>Medvecky, Michael, M.D.</b> <b>Pelker, Richard M.D.</b> <b>Reach, John M.D.</b> <b>Swigart, Carrie, M.D.</b> <b>Whang, Peter G. M.D.</b> <b>Yue, James M.D.</b></p>
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<p><b>Edward M. Staub, M.D., PC</b> 148 East Avenue, Suite 3-A Norwalk, CT 06851 (203) 254-1275 <b>Staub, Edward MD</b></p> <p><b>Haik G. Kavookjian, M.D., PC</b> 40 Cross Street Norwalk, CT 06851 (203) 846-0040 <b>Kavookjian, Haik M.D.</b></p> <p><b>Haik G. Kavookjian, M.D., PC</b> 555 Newfield Avenue, Suite 2 Stamford, CT 06905 (203) 358-0661 <b>Kavookjian, Haik M.D.</b></p> <p><b>WestMed Medical Group (Orthopaedic Associates of Stamford)</b> 1281 East Main Street, 4<sup>th</sup> Floor Stamford, CT 06902 (203) 325-4087 <b>D'Amico, Joseph M.D.</b> <b>Gitelman, Alex MD</b> <b>Haas, Andrew M.D.</b> <b>Hughes, Peter M.D.</b> <b>Schmidt, W. Tracy MD</b> <b>Silver, Marc MD</b> <b>Slate, Emily MD</b> <b>Troy, Allen MD</b></p>	<p><b>Orthopaedic &amp; Sports Medicine Center– a division of CT Orthopedic Specialists</b> 1055 Post Road Fairfield, CT 06430 (203) 254-1055 <b>Boone, Peter S., M.D.</b> <b>Girasole, Gerald J., M.D.</b> <b>Martin, David J., M.D.</b> <b>Redler, Michael R., M.D.</b> <b>Spak, James I., M.D.</b> <b>Weiland, Daniel M.D.</b></p> <p><b>Orthopaedic &amp; Sports Medicine Center– a division of CT Orthopedic Specialists</b> 888 White Plains Road Trumbull, CT 06611 (203) 268-2882 <b>Boone, Peter S. M.D.</b> <b>Girasole, Gerald J. M.D.</b> <b>Martin, David J. M.D.</b> <b>Redler, Michael R. M.D.</b> <b>Spak, James I. M.D.</b> <b>Weiland, Daniel M.D.</b></p> <p><b>Orthopaedic &amp; Sports Medicine Center– a division of CT Orthopedic Specialists</b> 1800 Post Road East Westport, CT 06881 (203) 268-2882 <b>Boone, Peter S. M.D.</b> <b>Girasole, Gerald J. M.D.</b> <b>Martin, David J. M.D.</b> <b>Redler, Michael R. M.D.</b> <b>Spak, James I. M.D.</b> <b>Weiland, Daniel M.D.</b></p> <p><b>Orthopaedic Specialty Group, P.C.</b> 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 <b>Awad, John M.D.</b> <b>Backe, Jr., Henry , M.D.</b> <b>Bindelglass, David F., M.D.</b> <b>Brittis, Dante , M.D.</b> <b>FitzGibbons, James M.D.</b> <b>Kwok, Patrick , M.D.</b> <b>Malin, Joel W., M.D.</b> <b>Richer, Ross M.D.</b> <b>Stanton, Robert , M.D.</b></p>	<p><b>Yale Orthopaedic Associates</b> 48 Wellington Road Milford, CT 06460 (203) 785-2579 <b>Baumgaertner, Michael, M.D.</b> <b>Friedlaender, Gary, M.D.</b> <b>Grauer, Jonathan M.D.</b> <b>Jokl, Peter, M.D.</b> <b>Keggi, Kristaps, M.D.</b> <b>Lindskog, Dieter, M.D.</b> <b>Medvecky, Michael, M.D.</b> <b>Pelker, Richard M.D.</b> <b>Reach, John M.D.</b> <b>Swigart, Carrie, M.D.</b> <b>Whang, Peter G. M.D.</b> <b>Yue, James M.D.</b></p>
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**Pain Management / Physiatrist / Rehabilitation Medicine**

<p><b>Advanced Spine and Pain Care, LLC</b> 1450 Washington Boulevard Suite 103 Stamford, CT 06902 (203) 324-2128 <b>Xiong, Yuting (David), MD</b></p> <p><b>Coastal Orthopaedics</b> 36 Old Kings Highway South Darien, CT 06820 (203) 845-2200 <b>Bast, Brian A, DO</b></p> <p><b>Coastal Orthopaedics</b> 761 Main Avenue, Suite 115 Norwalk, CT 06851 (203) 845-2200 <b>Bast, Brian A, DO</b></p> <p><b>Coastal Orthopaedics</b> 131 Kings Highway Westport, CT 06880 (203) 226-1027 <b>Bast, Brian A, DO</b></p> <p><b>Connecticut Pain &amp; Wellness Center</b> 52 Beach Road Suite 204 Fairfield, CT 06824 (203) 319-9355 <b>Anand, Rahul, MD</b></p>	<p><b>Danbury Orthopedic Associates, PC</b> 226 White Street Danbury, CT 06810 (203) 797-1500 <b>Southern, Daniel, MD</b></p> <p><b>Greenwich Hospital Physical Medicine</b> 2015 West Main Street Stamford, CT 06902 (203) 863-2880 <b>Freedman, Janet E, MD</b></p> <p><b>Greenwich Occupational Health Services</b> 2015 West Main Street, Floor 2 Stamford, CT 06902 (203) 863-3483 <b>Grant, Linda F, MD</b></p> <p><b>WestMed Medical Group</b> 1281 East Main Street, 4<sup>th</sup> Floor Stamford, CT 06902 (203) 325-4087 <b>Illig, Andrew, DO</b> <b>Siriki, Radhika, MD</b></p> <p><b>Orthopaedic Specialty Group, P.C.</b> 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 <b>Kirschenbaum, Lawrence, MD</b> <b>Saffir, Michael, MD</b></p> <p><b>Orthopedic &amp; Neurosurgery Specialists</b> 6 Greenwich Office Park Greenwich, CT 06831 (203) 869-1145 <b>Heftler, Jeffrey M, MD</b> <b>Kessel, Tamar, MD</b> <b>Levchenko, Aleksandr, DO</b> <b>Sahler, Christopher S, MD</b></p>	<p><b>Orthopaedic &amp; Sports Medicine Center— a division of CT Orthopedic Specialists</b> 888 White Plains Road Trumbull, CT 06611 (203) 268-2882 <b>Cohen, Isaac MD</b> <b>Tekmyster, Gene DO</b></p> <p><b>Orthopaedic &amp; Sports Medicine Center— a division of CT Orthopedic Specialists</b> 1800 Post Road East Westport, CT 06881 (203) 268-2882 <b>Cohen, Isaac MD</b> <b>Tekmyster, Gene DO</b></p> <p><b>Pain Management, LLC</b> 2015 West Main Street, Suite 100 Stamford, CT 06902 (203) 863-4588 <b>Snowball, Halina MD</b></p> <p><b>Pain Management Associates of CT, PC</b> 999 Summer Street, Suite 304 Stamford, CT 06905 (203) 325-5700 <b>Carlesi, Vincent MD</b></p> <p><b>Pain Management Associates of CT, PC</b> 38B Grove Street Ridgefield, CT 06877 (203) 325-5700 <b>Carlesi, Vincent MD</b></p> <p><b>Stamford Health Medical Group, Inc.</b> 32 Strawberry Hill Stamford, CT 06092 (203) 276-4777 <b>Brodsky, Marc E, MD</b></p>
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## Physical Therapy Services

<p><b>Innovative Health &amp; Rehabilitation</b> 698 West Avenue Norwalk, CT 06850 (203) 852-9903</p> <p><b>Integrated Rehabilitation Services</b> 144 Morgan Street Stamford, CT 06905 (203) 965-0609</p> <p><b>Orthopaedic &amp; Neurosurgery Specialists Physical Therapy</b> 6 Greenwich Office Park Greenwich, CT 06831 (203) 869-1145</p> <p><b>Orthopaedic Specialty Group, P.C.</b> 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600</p> <p><b>Orthopaedic &amp; Sports Medicine Center- a division of CT Orthopedic Specialists</b> 888 White Plains Road Trumbull, CT 06611 (203) 268-2882</p> <p><b>Premier Medical Group</b> 31 Strawberry Hill Avenue Stamford, CT 06902 (203) 325-8888</p>	<p><b>Select Physical Therapy - Bridgeport</b> 4675 Main Street Bridgeport, CT 06606 (203) 373-0551</p> <p><b>Select Physical Therapy - Danbury</b> 73 Sandpit Road Danbury, CT 06810 (203) 797-1504</p> <p><b>Select Physical Therapy – Fairfield</b> 1055 Post Road Fairfield, CT 06824 (203) 255-8888</p> <p><b>Select Physical Therapy - New Milford</b> 131 Kent Road New Milford, CT 06776 (860) 350-3330</p> <p><b>Select Physical Therapy- Newtown</b> 12 Queen Street Newtown, CT 06470 (203) 426-0004</p> <p><b>Select Physical Therapy - Shelton</b> 2 Ivy Brook Road Shelton, CT 06484 (203) 924-2853</p> <p><b>Select Physical Therapy - Stratford</b> 2505 Main Street Stratford, CT 06615 (203) 375-0891</p> <p><b>Select Physical Therapy – Trumbull</b> 115 Technology Drive Trumbull, CT 07711 (203) 268-8888</p>	<p><b>Sports Medicine &amp; Physical Therapy in East Haven</b> 444 Foxon Road East Haven, CT 06512 (203) 468-4620</p> <p><b>Stamford Hospital Physical Therapy</b> 1234 Summer Street Stamford, CT 06905 (203) 359-8326</p> <p><b>Temple Physical Therapy aka Temple Health Services</b> Physical Therapy Service Center 680 South Main Street Suite 120 Cheshire, CT 06410 (203) 272-3120</p> <p><b>Temple Physical Therapy aka Temple Health Services</b> 230 George Street New Haven, CT 06510 (203) 498-5980</p> <p><b>Temple Physical Therapy aka Temple Health Services</b> 7 Lindsey Street - Town Pool North Haven, CT 06473 (203) 498-5980</p> <p><b>WestMed Medical Group (Orthopaedic Associates of Stamford)</b> 1281 East Main Street, 4<sup>th</sup> Floor Stamford, CT 06902 (203) 325-4087</p>
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**PLEASE NOTE:** If an employee requires the services of a specialist that is not available in The PMA Insurance Group 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.