

**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

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

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.

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

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 _____

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

Cardiologists

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

Chiropractic Medicine

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

General Surgery

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

Neurology		
<p>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</p> <p>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</p>	<p>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</p> <p>Stamford Health Medical Group, Inc. 29 Hospital Plaza Suite 602 Stamford, CT 06902 (203) 276-4464 Xistris, Evangelos D, MD</p> <p>Stamford Health Medical Group, Inc. 292 Long Ridge Road Suite 101 Stamford, CT 06902 (203) 276-4464 Xistris, Evangelos D, MD</p>	
Neurosurgery		
<p>Neurosurgical Associates of Southwestern Connecticut, P.C. 67 Sand Pit Road Danbury, CT 06810 (203) 792-2003 Sanderson, Scott, MD</p> <p>Neurosurgical Associates of Southwestern Connecticut 148 East Avenue, Suite 3D Norwalk, CT 06851 (203) 853-0003 Sanderson, Scott, MD</p>	<p>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</p> <p>Orthopaedic & Neurosurgery Specialists 5 High Ridge Park Stamford, CT 06902 (203) 869-1145 Simon, Scott I, MD</p> <p>Orthopaedic Specialty Group, P.C. 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 Shear, Perry, MD</p>	<p>Roger H. Kaye, MD, P.C. 30 Stevens Street Norwalk, CT 06856 (203) 853-0004 Kaye, Roger H, MD</p> <p>Stamford Health Medical Group (SHMG) 70 Mill River Street, Suite LL3 Stamford, CT 06902 (203) 324-3504 Rosenstein, C. Cory, MD</p> <p>Stamford Health Medical Group (SHMG) 25 Valley Drive Greenwich, CT 06831 (203) 324-3504 Rosenstein, C. Cory, MD</p>

Ophthalmology

Danbury Eye Physicians & Surgeons

69 Sandpit Road, Suite 101
Danbury, CT 06810

(203) 791-2020

Altman, Bruce S, MD

Daccache, Armand, MD

Falkenstein, Ralph J, MD

Johar, Archana, MD

Mathias, Stephen A, MD

Paul, Matthew D, MD

Ruggiero, Paul L, MD

Zamecki, Katherine MD

Zuckerman, Stephen J, MD

Joan T. Gewirtz, M.D., P.C.

70 Mill River Street
Stamford, CT 06902

(203) 348-0868

Gewirtz, Joan T, MD

Delia M. Manjoney, M.D., P.C.

2720 Main Street
Bridgeport, CT 06606-5308

(203) 576-6500

Manjoney, Delia M, MD

Norwalk Eye Surgical Center

148 East Avenue
Norwalk, CT 06851

(203) 853-1660

Doctor, Leslie, MD

Norwalk Eye Surgical Center

129 Kings Highway North
Westport, CT 06880

(203) 227-4113

Doctor, Leslie, MD

Orthopedics

<p>Coastal Orthopaedics 36 Old Kings Highway South Darien, CT 06820 (203) 845-2200 DeLuca, Jeffrey V., M.D. Frank, Joshua B. M.D. Kleeman, T. Jay, M.D. Lynch, Michael M., M.D. Markey, Paul A., M.D. Soojian, Michael G. M.D.</p> <p>Coastal Orthopaedics 131 Kings Highway North Westport, CT 06880 (203) 845-2200 DeLuca, Jeffrey V., M.D. Polifroni, Nicholas V., M.D. Protomastro, Paul M.D. DeLuca, Jeffrey V., M.D. Soojian, Michael G. M.D. Stovell, Peter B., M.D.</p> <p>Coastal Orthopaedics 761 Main Avenue, Suite 115 Norwalk, CT 06851 (203) 845-2200 DeLuca, Jeffrey V., M.D. Frank, Joshua B. M.D. Kleeman, T. Jay, M.D. Lynch, Michael M., M.D. Markey, Paul A., M.D. Polifroni, Nicholas V., M.D. Protomastro, Paul M.D. Soojian, Michael G. M.D. Stovell, Peter B., M.D.</p> <p>Danbury Orthopedics 226 White Street Danbury, CT 06810 (203) 797-1500 Brand, Michael G., M.D. Ciminiello, Angelo M.D. Deveney, Robert T., M.D. DiGiovanni, Joseph, M.D. Dunleavy, John M.D. Henshaw, D. Ross M.D. Hermantin, Frank M.D. Mulieri, Philip J., M.D. Sealey, Randolph, M.D.</p> <p>Edward M. Staub, M.D., PC 1305 Post Road Fairfield, CT 06430 (203) 254-1275 Staub, Edward M., M.D.</p>	<p>Orthopedic Surgery & Sports Medicine, P.C 166 Cherry Street New Canaan, CT 06840 (203) 323-7331 Brodsky, Adam R., M.D. Brooks, Jeffrey J, M.D.</p> <p>Orthopaedic & Neurosurgery Specialists 6 Greenwich Office Park Greenwich, CT 06831 (203) 869-1145 Berliner, Jonathan, MD Cantlon, Matthew B., M.D. Clain, Michael R., M.D. Cunningham, James G., M.D. Delos, Demetris M.D. Ennis, Jr., Francis M.D. Greene, Ronald M.D. Hindman, Steven E., M.D. Kavanaugh, Brian F., M.D. Kowalsky, Marc S., MD Miller, Seth R., M.D. Sethi, Paul M., M.D. Vadasdi, Katherine M.D. Vitale, Mark A., M.D. Wei, David H, MD</p> <p>Orthopaedic & Neurosurgery Specialists 5 High Ridge Park Stamford, CT 06902 (203) 869-1145 Berliner, Jonathan, MD Cantlon, Matthew B., MD Cunningham, James G., M.D. Delos, Demetris M.D. Greene, Ronald M.D. Hindman, Steven E., M.D. Kowalski, Marc S., MD Vadasdi, Katherine M.D. Vitale, Mark A., M.D. Wei, David H, MD</p>	<p>Orthopaedic Specialty Group, P.C. 2909 Main Street Stratford, CT 06614 (203) 377-8154 Awad, John M.D. Backe, Jr., Henry , M.D. Bindelglass, David F., M.D. Brittis, Dante , M.D. FitzGibbons, James, M.D. Kwok, Patrick , M.D. Malin, Joel W., M.D. Richer, Ross M.D. Stanton, Robert , M.D.</p> <p>Plancher Orthopaedic and Sports Medicine 31 River Road Cos Cob, CT 06807 (203) 863-2003 Plancher, Kevin M.D.</p> <p>St. Vincent's Multispecialty Group <i>Orthopaedic Surgery</i> 401 Monroe Turnpike Monroe, CT 06468 (203) 696-3564 Belkin, Stuart M.D.</p> <p>Yale Orthopaedics 260 Long Ridge Road Stamford, CT 06906 (866) 470-9253 Tifford, Craig D., M.D.</p> <p>Yale Orthopaedic Associates 800 Howard Avenue New Haven, CT 06519 (203) 785-2579 Baumgaertner, Michael, M.D. Friedlaender, Gary, M.D. Grauer, Jonathan M.D. Jokl, Peter, M.D. Keggi, Kristaps M.D. Lindsborg, Dieter, M.D. Medvecky, Michael, M.D. Pelker, Richard M.D. Reach, John M.D. Swigart, Carrie, M.D. Whang, Peter G. M.D. Yue, James M.D.</p>
--	--	---

<p>Edward M. Staub, M.D., PC 148 East Avenue, Suite 3-A Norwalk, CT 06851 (203) 254-1275 Staub, Edward MD</p> <p>Haik G. Kavookjian, M.D., PC 40 Cross Street Norwalk, CT 06851 (203) 846-0040 Kavookjian, Haik M.D.</p> <p>Haik G. Kavookjian, M.D., PC 555 Newfield Avenue, Suite 2 Stamford, CT 06905 (203) 358-0661 Kavookjian, Haik M.D.</p> <p>WestMed Medical Group (Orthopaedic Associates of Stamford) 1281 East Main Street, 4th Floor Stamford, CT 06902 (203) 325-4087 D'Amico, Joseph M.D. Gitelman, Alex MD Haas, Andrew M.D. Hughes, Peter M.D. Schmidt, W. Tracy MD Silver, Marc MD Slate, Emily MD Troy, Allen MD</p>	<p>Orthopaedic & Sports Medicine Center— a division of CT Orthopedic Specialists 1055 Post Road Fairfield, CT 06430 (203) 254-1055 Boone, Peter S., M.D. Girasole, Gerald J., M.D. Martin, David J., M.D. Redler, Michael R., M.D. Spak, James I., M.D. Weiland, Daniel M.D.</p> <p>Orthopaedic & Sports Medicine Center— a division of CT Orthopedic Specialists 888 White Plains Road Trumbull, CT 06611 (203) 268-2882 Boone, Peter S. M.D. Girasole, Gerald J. M.D. Martin, David J. M.D. Redler, Michael R. M.D. Spak, James I. M.D. Weiland, Daniel M.D.</p> <p>Orthopaedic & Sports Medicine Center— a division of CT Orthopedic Specialists 1800 Post Road East Westport, CT 06881 (203) 268-2882 Boone, Peter S. M.D. Girasole, Gerald J. M.D. Martin, David J. M.D. Redler, Michael R. M.D. Spak, James I. M.D. Weiland, Daniel M.D.</p> <p>Orthopaedic Specialty Group, P.C. 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 Awad, John M.D. Backe, Jr., Henry , M.D. Bindelglass, David F., M.D. Brittis, Dante , M.D. FitzGibbons, James M.D. Kwok, Patrick , M.D. Malin, Joel W., M.D. Richer, Ross M.D. Stanton, Robert , M.D.</p>	<p>Yale Orthopaedic Associates 48 Wellington Road Milford, CT 06460 (203) 785-2579 Baumgaertner, Michael, M.D. Friedlaender, Gary, M.D. Grauer, Jonathan M.D. Jokl, Peter, M.D. Keggi, Kristaps, M.D. Lindskog, Dieter, M.D. Medvecky, Michael, M.D. Pelker, Richard M.D. Reach, John M.D. Swigart, Carrie, M.D. Whang, Peter G. M.D. Yue, James M.D.</p>
--	---	--

Pain Management / Physiatrist / Rehabilitation Medicine

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

Physical Therapy Services

<p>Elevated Physical Therapy - Stamford 1234 Summer Street, Suite 102 Stamford CT, 06905 (203) 653-7269 Fioretti, Pamela PT, DPT</p> <p>Elevated Physical Therapy – Darien 19 Old Kings Highway South, Suite 120 Darien, CT 06820 (203) 653-7269 Fioretti, Pamela PT, DPT</p> <p>Elevated Physical Therapy – Trumbull 6540 Main Street Trumbull, CT 06611 (203) 653-7269 Fioretti, Pamela PT, DPT</p> <p>Innovative Health & Rehabilitation 698 West Avenue Norwalk, CT 06850 (203) 852-9903</p> <p>Integrated Rehabilitation Services 144 Morgan Street Stamford, CT 06905 (203) 965-0609</p> <p>Orthopaedic & Neurosurgery Specialists Physical Therapy 6 Greenwich Office Park Greenwich, CT 06831 (203) 869-1145</p> <p>Orthopaedic Specialty Group, P.C. 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600</p> <p>Orthopaedic & Sports Medicine Center- a division of CT Orthopedic Specialists 888 White Plains Road Trumbull, CT 06611 (203) 268-2882</p>	<p>Premier Medical Group 31 Strawberry Hill Avenue Stamford, CT 06902 (203) 325-8888</p> <p>Select Physical Therapy - Bridgeport 4675 Main Street Bridgeport, CT 06606 (203) 373-0551</p> <p>Select Physical Therapy - Danbury 73 Sandpit Road Danbury, CT 06810 (203) 797-1504</p> <p>Select Physical Therapy – Fairfield 1055 Post Road Fairfield, CT 06824 (203) 255-8888</p> <p>Select Physical Therapy - New Milford 131 Kent Road New Milford, CT 06776 (860) 350-3330</p> <p>Select Physical Therapy- Newtown 12 Queen Street Newtown, CT 06470 (203) 426-0004</p> <p>Select Physical Therapy - Shelton 2 Ivy Brook Road Shelton, CT 06484 (203) 924-2853</p> <p>Select Physical Therapy - Stratford 2505 Main Street Stratford, CT 06615 (203) 375-0891</p> <p>Select Physical Therapy – Trumbull 115 Technology Drive Trumbull, CT 07711 (203) 268-8888</p>	<p>Sports Medicine & Physical Therapy in East Haven 444 Foxon Road East Haven, CT 06512 (203) 468-4620</p> <p>Stamford Hospital Physical Therapy 1234 Summer Street Stamford, CT 06905 (203) 359-8326</p> <p>Temple Physical Therapy aka Temple Health Services Physical Therapy Service Center 680 South Main Street Suite 120 Cheshire, CT 06410 (203) 272-3120</p> <p>Temple Physical Therapy aka Temple Health Services 230 George Street New Haven, CT 06510 (203) 498-5980</p> <p>Temple Physical Therapy aka Temple Health Services 7 Lindsey Street - Town Pool North Haven, CT 06473 (203) 498-5980</p> <p>WestMed Medical Group (Orthopaedic Associates of Stamford) 1281 East Main Street, 4th Floor Stamford, CT 06902 (203) 325-4087</p>
--	---	--

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.

City of Stamford and Stamford Board of Education