

The PMA Insurance Group Workers' Compensation Medical Care Plan

City of Milford

EFFECTIVE DATE OF PLAN IS:

February 8, 2022

Revised:

October 1, 2022

November 30, 2022

Prepared for:

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

City of Milford Medical Care Plan

To All Employees:

City of Milford 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 Milford 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 Milford Employer Medical Care Plan is part of **The PMA Insurance Group Medical Care Plan** and of PMA Management Corp. of New England, the employer's risk management firm. **The effective date of the Employers Medical Care Plan is February 8, 2022. This plan applies to all dates of injuries on or after February 8, 2022.**

Prior to February 8, 2022, the City of Milford Employer Medical Care Plan was part of the MCMC CareSys plan (October 8, 2013 – February 7, 2022) as approved and on file with the State of CT Workers' Compensation Commission.

As an employee of City of Milford, 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 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 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 Milford** and the purpose of this program is to ensure you receive appropriate medical treatment in a timely manner to facilitate recovery.

The City of Milford 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 Milford, PMA Management Corp. of New England, and PMA Insurance Group 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 Milford. 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 Milford 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 Milford 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 CarePlan, 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?

PMA Insurance Group can review the medical care and services being provided to you. They can becontacted at 1-888-476-2669.

Modified Duty Procedure

Policy

City of Milford 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 Milford 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 Milford

I, the undersigned employee of City of Milford, have reviewed a copy of the City of Milford 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 Milford

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:

Primary Care Center		
<p>Northeast Medical Group Huntington Walk-In Medical Center 887 Bridgeport Avenue Shelton, CT 06484 (203) 225-6020 Monday - Friday 8:00am - 8:00pm Saturday & Sunday 8:00am- 4pm</p> <p>OrthoFast- Fairfield 305 305 Black Rock Turnpike Fairfield, CT 06825 (203) 382-5556 Monday-Wednesday-Friday 8:00am 8:00pm Tuesday 8:00am-5:00pm Saturday 8:00am- 5:00pm Sunday 9:00am-1:00pm</p>	<p>OrthoFast- Milford 321 Boston Post Road Milford, CT 06468 (203) 244-7675 Monday-Thursday 8:00am- 6:00pm Friday- 8:00am- 8:00pm Saturday 8:00am- 5:00pm</p> <p>OrthoFast- Monroe 731 Main Street Monroe, CT 06468 (203) 382-5556 Wednesday-Friday 8:00am -5:00pm Saturday 8:00am- 5:00pm</p> <p>Concentra Urgent Care 60 Watson Boulevard Stratford, CT 06106 (203) 380-5945 Monday - Friday 8:00 am - 5:00 pm</p>	<p>Hartford HealthCare St. Vincent's Medical Center Urgent Care 3272 Main Street Stratford, CT 06614 (203) 380-3920 Monday Friday 8:00 am-8:00 pm Saturday-Sunday 9:00 am-5:00 pm</p> <p>OrthoFast- Shelton 760 River Road Shelton, CT 06484 (203) 382-5556 Monday-Wednesday-Friday 8:00am 8:00pm Tuesday 8:00am-5:00pm Saturday 8:00am- 5:00pm</p>
Chiropractic Medicine		
<p>Advanced Back & Neck Center 1700 Boston Avenue Bridgeport, CT 06606 (203) 333-8645 Udej, Edward, DC</p> <p>Advanced Back & Neck Center 555 Boston Post Road Milford, CT 06460 (203) 878-8803 Udej, Edward, DC</p> <p>Back to Health of Branford, LLC 400 West Main Street Branford, CT 06405 (203) 483-7778 Russo, Michael, DC</p>	<p>Bellows Chiropractic 25 Lindeman Drive Trumbull, CT 06611 (203) 373-0315 Bellows, Evin, DC</p> <p>East Haven Chiropractic 75 High Street East Haven, CT 06512 (203) 469-6296 Nastri, Dennis, DC</p> <p>Corsello Clinic of Chiropractic 2021 Main Street Stratford, CT 06615 (203) 381-1800 Corsello, Edward, DC</p>	<p>Rubino Back & Neck Care Center 130 Saw Mill Road West Haven, CT 06516(203) 933-9404 Rubino Jr., Robert, DC</p> <p>Seybridge Chiropractic Center 36 New Haven Road Seymour, CT 06483 (203) 888-7246 Signoriello, John, DC</p> <p>Silver Medical & Rehabilitation Group, LLC 28 South Main Street Cheshire, CT 06410 (203) 271-3296 Sparke, Christopher, DC</p>

<p>Orthopaedic Specialty Group P.C. 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 Carr, Brett DC, MS Hochman, David, DC **For OSG Patients Only</p> <p>Orthopaedic Specialty Group P.C. 760 River Road Shelton, CT 06825 (203) 337-2600 Carr, Brett DC, MS Hochman, David, DC **For OSG Patients Only</p>	<p>Peter J. Schioppo, D.C., PC 633 Orange Street New Haven, CT 06511 (203) 562-4051 Schioppo, Peter, DC</p>	<p>Connecticut Orthopaedics 888 White Plains Road Trumbull, CT 06611 (203) 268-2882 Barnes, Benjamin, DC, CSCS</p> <p>**For Connecticut Orthopaedics Patients Only</p>
Hand Surgery		
<p>Connecticut Orthopaedic Specialists 84 North Main Street, Building 2 Branford, CT 06405 (203) 407-1500 Scanlan, Mark, MD</p> <p>Connecticut Orthopaedic Specialists 2408 Whitney Avenue Hamden, CT 06518 (203) 407-3500 Scanlan, Mark, MD</p> <p>Connecticut Orthopaedic Specialists 258 Broad Street Milford, CT 06460 (203) 877-5522 Weisman, Tedd, MD (203) 301-5010 Scanlan, Mark, MD</p> <p>Connecticut Orthopaedic Specialists 464 Boston Post Road Orange, CT 06477 (203) 877-5522 Weisman, Tedd, MD</p> <p>Connecticut Orthopaedic Specialists 330 Boston Post Road, Suite 310 Orange, CT 06477 (203) 301-5010 Scanlan, Mark, MD</p>	<p>Connecticut Orthopaedic Specialists One Greenwich Place 889 Bridgeport Avenue Shelton, CT 06484 (203) 538-0020 Scanlan, Mark, MD</p> <p>Jeffrey C. Salomon, MD, FACS 245 Amity Road, Suite 108 Woodbridge, CT 06525 (203) 624-4346 Salomon, Jeffrey, MD</p> <p>Orthopaedic Specialty Group 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 Backe, Jr., Henry, MD Malin, Joel W., MD Richer, Ross, MD Rago, Thomas, MD</p>	<p>Orthopaedic Specialty Group 2909 Main Street Stratford, CT 06497 (203) 337-2600 Backe, Jr., Henry, MD</p> <p>Orthopaedic Specialty Group 760 River Road Shelton, CT 06484 (203) 337-2600 Backe, Jr., Henry, MD</p> <p>Yale Orthopaedics 20 Commerce Park Milford, CT 06460 (203) 882-8138 Swigart, Carrie, MD</p> <p>Yale Orthopaedics 1 Long Wharf Drive Yale Sports Medicine Center New Haven, CT 06511 (203) 764-9771 Swigart, Carrie, MD</p> <p>Yale Orthopaedics 800 Howard Avenue New Haven, CT 06519 (203) 785-2579 Swigart, Carrie, MD</p>

Neurosurgery		
<p>Abraham Mintz, MD, PC 5520 Park Avenue, Suite 210 Trumbull, CT 06611 (203) 372-6460 Mintz, Abraham, MD</p> <p>Connecticut Neurosurgical Specialists, P.C. 267 Grant Street, 8th Floor Bridgeport, CT 06610 (203) 384-4500 Lipow, Kenneth, MD</p> <p>Connecticut Neurosurgical Specialists, P.C. 52 Beach Road Fairfield, CT 06824 (203) 384-4500 Lipow, Kenneth, MD</p> <p>Hartford HealthCare Medical Group 85 Seymour Street, Suite 709 Hartford, CT 06102 (860) 696-2290 Bauman, Joel, MD</p>	<p>The Spine and Pain Institute at MidState Medical Center 455 Lewis Avenue Meriden, CT 06451 (203) 694-8414 Bauman, Joel, MD</p> <p>Neurosurgery, Orthopaedic & Spine Specialists, P.C. 2 Pomperaug Office Park, Suite 308 Southbury, CT 06488 (203) 264-2878 Karnasiewicz, Michael, MD Mushaweh, Jarob, MD Strugar, John, MD Torrey, Stephen, MD Waitze, Alan, MD</p> <p>Neurosurgery, Orthopaedic & Spine Specialists, P.C. 22 Poverty Road Southbury, CT 06488 (800) 463-8764 Waitze, Alan, MD</p>	<p>New Haven Neurosurgical Associates 60 Temple Street Suite 4C New Haven, CT 06510 (203) 772-4001 Dickey, Phillip, MD</p> <p>Orthopaedic Specialty Group, PC 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 Judith Gorelick, MD Zimmerman, Gary, MD</p> <p>Orthopaedic Specialty Group, PC 760 River Road Shelton, CT 06484 (203) 337-2600 Judith Gorelick, MD</p> <p>Orthopaedic Specialty Group PC 321 Boston Post Road Milford, CT 06460 (203) 337-2600 Gorelick, Judith, MD Zimmerman, Gary, MD</p>

Orthopedics		
<p>Connecticut Orthopaedics 30 Commerce Park Milford, CT 06460 (203) 865-6784 Bernstein, Richard, MD Irving, John, MD Lynch, Christopher, MD Reznik, Alan, MD Wijsekera, Shirvinda, MD Anighoro, Kenoma, MD</p> <p>Connecticut Orthopedics 1800 Post Road East Westport, CT 06880 (203) 268-2882 Campbell, Curtis L, MD Redler, Michael, MD Sandrowski, Kristin, MD</p> <p>Connecticut Orthopedics 701 North Colony Road Wallingford, CT 06492 (203) 265-1800 Nelson, Stephen J, MD Padegimas, Eric M, MD Diana, Richard, MD McCallum, John, MD Scanlan, Mark, MD Daigneault, John, MD Cohen, David, MD Beiner, John, MD Ferrucci, Allen, MD Russo, Glenn, MD Tomak, Sanda, MD Wijsekera, Shirvinda, MD Reznik, Alan, MD</p> <p>Connecticut Orthopedics 2416 Whitney Avenue Hamden, CT 06518 (203) 752-3100 Nelson, Stephen J, MD Padegimas, Eric M, MD Mayor, Rowland, MD Daigneault, John, MD</p> <p>Connecticut Orthopedics 1055 Post Road Fairfield, CT 06824 (203) 254-1055 Boone, Peter, MD Campbell, Curtis, MD Redler, Michael, MD Spak, James, MD</p>	<p>Connecticut Orthopaedics 258 South Broad Street Milford, CT 06460 (203) 882-3373 Nelson, Stephen J, MD Schachter, Aaron, MD Weisman, Tedd, MD Gruskay, Jordan A, MD Scanlan, Mark, MD Patel, Rakesh, MD</p> <p>Connecticut Orthopaedics 464 Boston Post Road Orange, CT 06477 (203) 752-3100 Schachter, Aaron, MD Weisman, Tedd, MD Mayor, Rowland, MD Daigneault, John, MD</p> <p>Connecticut Orthopaedics 2408 Whitney Avenue Hamden, CT 06518 (203) 407-3500 Beiner, John, MD Cohen, David, MD Diana, Richard, MD Ferrucci, Allen M, MD Kelley, John, MD Russo, Glenn, MD McCallum, John, MD Moran, Thomas, MD Scanlan, Mark, MD Ruwe, Patrick, MD Tomak, Sanda, MD</p> <p>Connecticut Orthopaedics 888 White Plains Road Trumbull, CT 06611 (203) 268-2882 Boone, Peter, MD Campbell, Curtis L, MD Girasole, Gerard, MD Martin, David, MD Redler, Michael, MD Spak, James, MD Sandrowski, Kristin, MD</p> <p>Connecticut Orthopaedics 9 Washington Avenue Hamden, CT 06518 (203) 865-6784 Bernstein, Richard, MD Irving, John, MD Lynch, Christopher, MD Reznik, Alan, MD Wijsekera, Shirvinda, MD Anighoro, Kenoma, MD</p>	<p>Orthopaedic Specialty Group, P.C. 760 River Road Shelton, CT 06484 (203) 337-2600 Awad, John MD Bindelglass, David, MD Brittis, Dante, MD Fabian, Lauren, MD Kwok, Patrick, MD Malin, Joel, MD Weiland, Daniel, MD</p> <p>OrthoCare Specialists, LLC 2900 Main Street Stratford, CT 06614 (203) 372-0649 Brown, David, MD</p> <p>Orthopaedic Specialty Group, P.C. 305 Black Rock Turnpike Fairfield, CT 06824 (203) 337-2600 Awad, John, MD Backe, Jr., Henry, MD Bindelglass, David, MD Brittis, Dante, MD Fabian, Lauren, MD Kwok, Patrick, MD Malin, Joel, MD Stanton, Robert, MD</p> <p>Orthopaedic Specialty Group PC 321 Boston Post Road Milford, CT 06460 (203) 337-2600</p>

<p>Connecticut Orthopaedics 469 West Main Street Branford, CT 06405 (203) 865-6784 Bernstein, Richard, MD Irving, John, MD Lynch, Christopher, MD Reznik, Alan, MD Wijsekera, Shirvinda, MD Anighoro, Kenoma, MD</p> <p>Connecticut Orthopaedics 450 Boston Post Road Guilford, CT 06437 (203) 453-6340 Kelley, John, MD Beiner, John, MD Moran, Thomas, MD Padegimas, Eric M, MD Scanlan, Mark, MD Ferrucci, Allen M, MD Tomak, Sanda, MD Gruskay, Joradn A, MD</p> <p>Connecticut Orthopaedics 680 South Main Street Cheshire, CT 06410 (203) 272-3120 Nelson, Stephen J, MD Gruskay, Jordan A, MD</p>	<p>Connecticut Orthopaedics 330 Bridgeport Avenue Shelton, CT 06484 (203) 538-0020 Boone, Peter, MD Martin, David, MD Spak, James, MD Nelson, Stephen J, MD Padegimas, Eric M, MD Schachter, Aaron, MD Weisman, Tedd, MD Klauser, Jeffrey, MD Russo, Glenn, MD Sandrowski, Kristin, MD Gruskay, Jordan A., MD</p> <p>Connecticut Orthopaedics 330 Boston Post Road Orange, CT 06477 (203) 795-4784 Ferrucci, Allen M, MD Moran, Thomas, MD Scanlan, Mark, MD Kelley, John, MD Ruwe, Patrick, MD Tomak, Sanda, MD Diana, Richard, MD</p> <p>Hartford HealthCare St. Vincent's Medical Center 401 Monroe Turnpike Monroe, CT 06468 (203) 696-3564 Belkin, Stuart, MD</p>	<p>Connecticut Orthopaedic Specialists 84 North Main Street, Building 2 Branford, CT 06405 (203) 483-2509 Ferrucci, Allen M, MD Moran, Thomas, MD Scanlan, Mark, MD Cohen, David, MD Kelley, John, MD Beiner, John, MD Daigneault, John, MD Diana, Richard, MD Mayor, Rowland, MD Nelson, Stephen J, MD Ruwe, Patrick, MD Tomak, Sandra, MD Russo, Glenn, MD</p> <p>Yale Orthopaedics 48 Wellington Road Milford, CT 06460 (203) 785-2579 Baumgaertner, Michael, MD Medvecky, Michael, MD Swigart, Carrie, MD</p> <p>Yale Orthopaedics Yale Physicians Building 800 Howard Avenue, 1st. FL New Haven, CT 06519 (203) 785-2579 Baumgaertner, Michael, MD Medvecky, Michael, MD Swigart, Carrie, MD</p> <p>Yale Orthopaedics 1445 Boston Post Road Guilford, CT 06437 (203) 785-2579 Baumgaertner, Michael, MD Medvecky, Michael, MD Swigart, Carrie, MD</p>
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**Physical Medicine &
Rehabilitation (Physiatry)**

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Saffir, Michael, MD

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Saffir, Michael, MD

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Kelly, Sean MD, MPH

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Marino, John, MD

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Marino, John, MD

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Cohen, Isaac, MD
Silva, Kyle, DO

Connecticut Orthopaedics
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(203) 254-1055
Silva, Kyle, DO

Connecticut Orthopedics
1800 Post Road East
Westport, CT 06880
(203) 268-2882
Silva, Kyle, DO

Pain Management

Connecticut Pain Care, P.C.
5520 Park Avenue, Suite 303
Trumbull, CT 06611
(203) 373-7330
Boolbol, Robert, MD
Sood, Pardeep, MD

Connecticut Orthopaedics
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Patel, Rakesh, MD

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Patel, Rakesh, MD

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Saffir, Michael, MD

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Saba, Ramsey, MD

Podiatry		
<p>Connecticut Orthopaedic Specialists 450 Boston Post Road, Suite 101 Guilford, CT 06437 (203) 453-6340 Caminear, David, DPM De Lott, Jeffrey, DPM</p> <p>Connecticut Orthopaedic Specialists 2408 Whitney Avenue Hamden, CT 06518 (203) 407-3528 Caminear, David, DPM De Lott, Jeffrey, DPM</p> <p>Connecticut Orthopaedic Specialists 258 Broad Street Milford, CT 06460 (203) 301-5010 De Lott, Jeffrey, DPM</p>	<p>Connecticut Orthopaedic Specialists 330 Boston Post Road, Suite 310 Orange, CT 06477 (203) 795-4784 Caminear, David, DPM De Lott, Jeffrey, DPM</p> <p>Orthopaedic Specialty Group, PC 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 Abraham, Jossie S., DPM</p>	<p>Orthopaedic Specialty Group, PC 760 River Road Shelton, CT 06484 (203) 337-2600 Abraham, Jossie S., DPM</p> <p>Orthopaedic Specialty Group, PC 321 Boston Post Road Milford, CT 06460 (203) 337-2600 Abraham, Jossie S., DPM</p> <p>Affiliated Foot and Ankle Surgeons 2499 Main Street Stratford, CT 06615 (203) 377-0003 Feldman, Alan, DPM</p> <p>508 Blake Street New Haven, CT 06515 (203) 397-0624 Feldman, Alan, DPM Blume, Peter, DPM</p>

Physical Therapy Services

<p>Aquacise and Physical Therapy 167 Cherry Street Suite 415 Milford, CT 06460 (203) 882-0000</p> <p>Connecticut Orthopaedics Spring Glen Medical Center 2200 Whitney Avenue Suite 170 Hamden, CT 06518 (203) 752-3100 ** for Connecticut Ortho patients only</p> <p>Connecticut Orthopaedics 30 Commerce Park Milford, CT 06460 (203) 865-6784 ** for Connecticut Ortho patients only</p> <p>Connecticut Orthopaedics 258 South Broad Street Milford, CT 06460 (203) 882-5632 **for Connecticut Ortho patients only</p> <p>Connecticut Orthopaedics 60 Temple Street Suite 3-B New Haven, CT 06510 (203) 752-3100 ** for Connecticut Ortho patients only</p> <p>Select Physical Therapy 4675 Main Street Bridgeport, CT 06606 (203)373-0551</p> <p>Select Physical Therapy 2 Ivy Brook Road Suite 213 Shelton, CT 06484 (203)924-2853</p> <p>Select Physical Therapy 115 Technology Drive Suite B100 Trumbull, CT 06611 (203)268-8888</p> <p>Select Physical Therapy 222 Post Road Suite E Fairfield, CT 0684 (203)255-8888</p>	<p>Center Rehabilitation & Sports Therapy 155 Hill Street, Suite B Milford, CT 06460 (203) 882-9384</p> <p>Hand Therapy Associates 245 Amity Road Woodbridge, CT 06525 (203) 389-8177</p> <p>Hand Therapy Associates 245 Amity Road Woodbridge, CT 06525 (203) 389-8177</p> <p>Orthopaedic Specialty Group, PC** 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 **for OSG patients only</p> <p>Orthopaedic Specialty Group, PC** 760 River Road Shelton, CT 06484 (203) 337-2600 **for OSG patients only</p> <p>Orthopaedic Specialty Group, PC** 2909 Main Street Stratford, CT 06497 (203) 337-2600 **for OSG patients only</p>	<p>Physicians Physical Therapy 544 Campbell Avenue West Haven, CT 06516 (203) 937-6150</p> <p>Rehabilitation Associates, Inc. 670 Boston Post Road Milford, CT 06460 (203) 783-1997</p> <p>Rubino Back & Neck Care Center 130 Sawmill Road West Haven, CT 06516 (203) 933-9404</p> <p>Sports Medicine & Physical Therapy in East Haven 444 Foxon Road East Haven, CT 06512 (203) 468-4620</p> <p>Temple Physical Therapy aka Temple Health Services 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>
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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.