

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

**City of Middletown**

**EFFECTIVE DATE OF PLAN IS:**

**APRIL 29, 2008**

**REVISED DATE:**

**JULY 1, 2019**

**OCTOBER 1, 2019**

**Prepared for:**

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

# City of Middletown Medical Care Plan

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To All Employees:

City of Middletown 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 Middletown 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 Middletown 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 Employers Medical Care Plan is April 29, 2008. The most recent revised date is October 1, 2019.

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

The City of Middletown 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 Middletown, 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

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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 Middletown. 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 Middletown 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 Middletown 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.

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# Modified Duty Procedure

## Policy

City of Middletown 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 Middletown 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 Middletown

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I, the undersigned employee of City of Middletown, have reviewed a copy of the City of Middletown 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 Middletown 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>Hartford Hospital</b> 80 Seymour Street Hartford, CT 06115 (860) 545-5000</p> <p><b>Middlesex Hospital</b> 28 Crescent Street Middletown, CT 06457 (860) 704-6000</p>	<p><b>Middlesex Hospital Marlborough Medical Center</b> 14 Jones Hollow Road Marlborough, CT 06447 (860) 358-3200</p> <p><b>Middlesex Hospital Shoreline Medical Center</b> 250 Flat Rock Place Westbrook, CT 06498 (860) 358-3700</p>	<p><b>MidState Medical Center</b> 435 Lewis Avenue Meriden, CT 06450 (203) 694-8200</p> <p><b>The Hospital of Central Connecticut</b> New Britain Campus 100 Grand Street New Britain, CT 06050 (860) 224-5011</p>
Primary Care Center		
<p><b>Alliance Occupational Health</b> 440 New Britain Avenue Plainville, CT 06062 (860) 747-9441</p> <p><b>Concentra Medical Center - Wallingford</b> 900 Northrop Road Wallingford, CT 06492 (203) 949-1534</p> <p><b>MediQuik Urgent Care</b> 61 Pomeroy Avenue Meriden, CT 06450 (203) 694-5350</p> <p><b>Middlesex Occupational Medicine</b> 192 Westbrook Road Essex, CT 06426 (860) 358-3840</p>	<p><b>Middlesex Occupational Medicine</b> Outpatient Center 534 Saybrook Road Middletown, CT 06457 (860) 358-2750</p> <p><b>Silver Medical &amp; Rehabilitation Group, LLC</b> 28 South Main Street Cheshire, CT 06410 (203) 271-3296</p> <p><b>Middlesex Hospital Urgent Care Center</b> <i>Next to Staples</i> 896 Washington Street Middletown, CT 06457 (860) 788-3632</p>	

### Chiropractic Medicine

**Calatayud Chiropractic Center, PC**

85 Barnes Road, Suite 101  
 Wallingford, CT 06492  
 (203) 294-1700

**Calatayud, John P, DC**

**Clark Chiropractic Center**

954 Newfield Street  
 Middletown, CT 06457  
 (860) 632-1668

**Clark, William, DC**

**Connecticut Spine & Sports Medicine**

Physician's Office Building  
 80 South Main Street  
 Middletown, CT 06457  
 (860)347-1302

**Roegiers, Gary, DC**

**Cromwell Chiropractic Center**

28 Shunpike Road  
 Cromwell, CT 06416  
 (860) 635-4455

**Shortell, Robert, DC**

**John E. Fleming, D.C.**

113 Saybrook Road  
 Middletown, CT 06457  
 (860) 346-1777

**Fleming, John E, DC**

**Labbadia Carroccia Chiropractic Offices, P.C.**

909 Newfield Road  
 Middletown, CT 06457  
 (860) 632-1022

**Weiss, William F, DC**

**Silver Medical & Rehabilitation Group, LLC**

28 South Main Street  
 Cheshire, CT 06410  
 (203) 271-3296

**Sparke, Christopher, DC**

### General Surgery

**Middletown Surgical Group**

520 Saybrook Road  
 Middletown, CT 06457  
 (860) 346-2608

**Malon, Andrea M, MD**

**Parker, James L, MD**

**Romeyn, Peter S, MD**

**Terrence K. Donahue, MD, P.C.**

40 Hart Street Building A  
 New Britain, CT 06052  
 (860) 826-5288

**Donahue, Terrence K, MD**

**Shoreline Surgical Associates, P.C.**

14 Jones Hollow Road  
 Marlborough, CT 06447  
 (860) 295-0517

**Blancaflor, Jonathan D, MD**

**Shoreline Surgical Associates, P.C.**

400 Saybrook Road Suite 110  
 Middletown, CT 06457  
 (860) 347-9167

**Aranow, Jonathan, MD**

**Blancaflor, Jonathan D, MD**

**Robles, Joseph J, MD**

## Hand Surgery

<p><b>Connecticut Orthopaedic Specialists,P.C.</b> 2408 Whitney Avenue Hamden, CT 06518 (203) 407-3500 <b>Bradburn, Hubert, MD</b> <b>Moran, Thomas, MD</b> <b>Scanlan, Mark, MD</b></p> <p><b>Connecticut Orthopaedic Specialists,P.C.</b> 2200 Whitney Avenue, Suite 310 Hamden, CT 06518 (203) 407-1500 <b>Bradburn, Hubert, MD</b> <b>Scanlan, Mark, MD</b></p> <p><b>Connecticut Orthopaedic Specialists,P.C.</b> 330 Orchard Street, Suite 101 New Haven, CT 06511 (203) 301-5010 <b>Bradburn, Hubert, MD</b> <b>Moran, Thomas, MD</b> <b>Scanlan, Mark, MD</b></p>	<p><b>Connecticut Orthopaedic Specialists,P.C.</b> 1000 Yale Avenue, Suite 201 Wallingford, CT 06492 (203) 265-1800 <b>Bradburn, Hubert, MD</b> <b>Scanlan, Mark, MD</b></p> <p><b>Orthopedic Associates of Hartford</b> 31 Seymour Street Suite 100 Hartford, CT 06106 (860) 549-3210 <b>Bontempo, Nicholas, MD</b> <b>Burton, Kevin, MD</b> <b>Caputo, Andrew, MD</b> <b>Linburg, Richard M, MD</b></p> <p><b>Orthopedic Associates of Hartford</b> 1111 Cromwell Avenue, Building 301 Rocky Hill, CT 06067 (860) 549-3210 <b>Bontempo, Nicholas, MD</b> <b>Burton, Kevin, MD</b> <b>Caputo, Andrew, MD</b></p>	<p><b>Orthopedic Associates of Middletown</b> 512 Saybrook Road Suite 100 Middletown, CT 06457 (860) 347-7636 <b>Naujoks, Ryan, MD</b></p> <p><b>Shoreline Orthopedics and Sports Medicine Associates – a division of CT Orthopaedic Specialists</b> 12 Bokum Road Essex, CT 06426 (860) 767-9053 <b>Lorenze, Mark, MD</b></p> <p><b>Terrence K. Donahue, MD, P.C.</b> 40 Hart Street, Building A New Britain, CT 06052 (860) 826-5288 <b>Donahue, Terrence K, MD</b></p>
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## Neurology

<p><b>Middlesex Neurology</b> 21 Pleasant Street Middletown, CT 06457 (860) 344-8224 <b>O'Donoghue, Margaret W, MD</b></p>	<p><b>Neurology Consultants of Connecticut</b> 1000 Asylum Avenue, Suite 4304 Hartford, CT 06105 (860) 522-3711 <b>Khorasani, Sadaf, MD</b> <b>Wade, Peter B, MD</b></p>
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## Neurosurgery

<p><b>Connecticut Neurosurgery &amp; Spine Associates, LLC</b> 360 Bloomfield Avenue Suite 209 Windsor, CT 06095 (860) 688-1311 <b>Wakefield, Andrew E, MD</b></p> <p><b>Hartford HealthCare Medical Group</b> 680 South Main Street Cheshire, CT 06410 (203) 694-6700 <b>Bauman, Joel, MD</b></p> <p><b>Hartford HealthCare Medical Group</b> at Hartford Hospital Department of Neurosurgery 85 Seymour Street Suite 709 Hartford, CT 06102 (860) 696-2290 <b>Bauman, Joel, MD</b></p> <p><b>Hartford HealthCare Medical Group</b> <b>The Spine and Pain Institute at MidState Medical Center</b> 455 Lewis Avenue Meriden, CT 06451 (203) 694-8414 <b>Bauman, Joel, MD</b></p>	<p><b>Neurosurgeons of Central CT, PC</b> 100 Retreat Avenue Suite 705 Hartford, CT 06106 (860) 278-0070 <b>Kureshi, Inam U, MD</b> <b>Kvam, David A, MD</b> <b>Rossi, Arnold J, MD</b></p> <p><b>Neurosurgeons of Central CT, PC</b> 540 Saybrook Road Suite 220 Middletown, CT 06457 (860) 278-0070 <b>Kvam, David A, MD</b></p> <p><b>The Center for Minimally Invasive Spine and Neurosurgery and Neurosurgical Associates</b> 1000 Asylum Avenue Suite 3208 Hartford, CT 06105 (860) 522-7121 <b>Calderon, Stephen F, MD</b> <b>Lantner, Howard, MD</b></p> <p><b>The Center for Minimally Invasive Spine and Neurosurgery and Neurosurgical Associates</b> 220 Farmington Avenue Farmington, CT 06032 (860) 522-7121 <b>Calderon, Stephen F, MD</b> <b>Lantner, Howard, MD</b></p>	<p><b>The Center for Minimally Invasive Spine and Neurosurgery and Neurosurgical Associates</b> 704 Hebron Avenue, Suite 103 Glastonbury, CT 06033 (860) 522-7121 <b>Calderon, Stephen F, MD</b> <b>Lantner, Howard, MD</b></p> <p><b>Orthopedic Associates of Hartford</b> 704 Hebron Avenue Glastonbury, CT 06033 (860) 522-7121 <b>Lange, Stephan, MD</b></p> <p><b>Orthopedic Associates of Hartford</b> 1000 Asylum Avenue Suite 3208 Hartford, CT 06105 (860) 522-7121 <b>Lange, Stephan, MD</b></p> <p><b>Orthopedic Associates of Hartford</b> One Lake Street Building D New Britain, CT 06052 (860) 522-7121 <b>Lange, Stephan, MD</b></p> <p><b>Saint Francis Medical Group – Spine Institute</b> 1000 Asylum Avenue, Suite 3215 Hartford., CT 06105 (860) 714-6980 <b>Chozick, Bruce S, MD</b> <b>Spiro, David M, MD</b></p>
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## Ophthalmology

<p><b>Advanced Eye Physicians</b> 325 Highland Avenue Cheshire, CT 06410 (203) 271-3103 <b>Hall, William C, MD</b> <b>Hellreich, Jay E, MD</b> <b>McMahon, Kevin D, MD</b></p> <p><b>Advanced Eye Physicians</b> 546 South Broad Street Meriden, CT 06450 (203) 235-2511 <b>Hall, William C, MD</b> <b>Hellreich, Jay E, MD</b> <b>McMahon, Kevin D, MD</b></p>	<p><b>Consulting Ophthalmologists PC</b> 499 Farmington Avenue Farmington, CT 06032 (860) 678-0202 <b>Bushley, D. Matthew, MD</b> <b>DiTolla, Kimberly A, OD</b> <b>Edwards, Martin, MD</b> <b>Emerick, Geoffrey T, MD</b> <b>Gilbert, C. Mitchell, MD</b> <b>Gingold, Michael P, MD</b> <b>Hill, David A, MD</b> <b>Mehldau, Craig, MD</b> <b>Shelsta, Heather, MD</b> <b>Ward, Thomas P, MD</b></p> <p><b>Consulting Ophthalmologists PC</b> 704 Hebron Avenue Suite 200 Glastonbury, CT 06033 (860) 678-0202 <b>Bushley, D. Matthew, MD</b> <b>DiTolla, Kimberly, OD</b> <b>Edwards, Martin, MD</b> <b>Emerick, Geoffrey T, MD</b> <b>Gilbert, C. Mitchell, MD</b> <b>Gingold, Michael P, MD</b> <b>Hill, David A, MD</b> <b>Mehldau, Craig, MD</b> <b>Shelsta, Heather, MD</b> <b>Ward, Thomas P, MD</b></p>	<p><b>Middlesex Eye Physicians, P.C.</b> 400 Saybrook Road Suite 100 Middletown, CT 06457 (860) 347-7466 <b>Luskind, Roger D, MD</b> <b>Mulukutla, Ragi, MD</b> <b>Shriver, Peter, MD</b></p> <p><b>Middlesex Eye Physicians, P.C.</b> 240 Middletown Ave, East Hampton, CT 06424 (860) 669-5305 <b>Mulukutla, Ragi, MD</b> <b>Shriver, Peter, MD</b></p>
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## Orthopedics

### Center for Orthopedic and Spine Health

41 Brewster Road  
Bristol, CT 06010  
(860) 585-3333

**Betz, Christopher, MD**  
**Rubins, David, MD**  
**Sobolewski, Matthew, PA-C**  
**Upadhyay, Ashish, MD**

### Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC

1055 Post Road  
Fairfield, CT 06518  
(203) 254-1055

**Campbell, Curtis L, MD**

### Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC

888 White Plains Road  
Trumbull, CT 06611  
(203) 268-2882

**Campbell, Curtis L, MD**

### Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC

1800 Post Road East  
Westport, CT 06880  
(203) 268-2882

**Campbell, Curtis L, MD**

### Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC

701 North Colony Road  
Wallingford, CT 06492  
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**Nelson, Stephen J, MD**  
**Padegimas, Eric M, MD**

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258 South Broad Street  
Milford, CT 06460  
(203) 882- 3373

**Nelson, Stephen J, MD**

### Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC

**One Greenwich Place**  
889 Bridgeport Avenue  
Shelton, CT 06484  
(203) 538-0020

**Nelson, Stephen J, MD**  
**Padegimas, Eric M, MD**

### Middlesex Orthopedic Surgeons, P.C.

410 Saybrook Road, Suite 100  
Middletown, CT 06457  
(860) 685-8940

**Bash, Jeffrey A, MD**  
**Berson, Lawrence, MD**  
**Hergan, David J, MD**  
**Lim, Michael J, MD**  
**O'Donnell, Sean J, MD**  
**Sohn, Joseph, MD**  
**Walsh, James H, MD**  
**Wasterlian, Amy, MD**

### Orthopedic Associates of Middletown

14 Jones Hollow Road  
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**Hicks, Alfred, DO**  
**Kuhn, Michael, MD**  
**Larson, Thomas, MD**  
**Reardon, Terry, MD**

### Orthopedic Associates of Middletown

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(860) 347-7636

**Geist, Robert, MD**  
**Hicks, Alfred, DO**  
**Kuhn, Michael, MD**  
**Larson, Thomas, MD**  
**Reardon, Terry, MD**

### Shoreline Orthopedics & Sports Medicine - Associates a division of CT Orthopaedic Specialists

12 Bokum Road  
Essex, CT 06426  
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**White, Martin J, MD**

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**Cohen, David B, MD**  
**Diana, Richard, MD**  
**Kaplan, Norman R, MD**  
**Kelley, John D, MD**  
**Klauser, Jeffrey, MD**  
**Kramer, Kenneth M, MD**  
**McCallum, John, MD**  
**Minotti, Philip, MD**

### Orthopedic Associates of Hartford, PC

345 Western Boulevard  
Glastonbury, CT 06033  
(860) 549-8251

**Aronow, Michael S, MD**  
**Becker, Gerald J, MD**  
**Bontempo, Nicholas A, MD**  
**Caputo, Andrew E, MD**  
**Davis, Stephen L, MD**  
**Dugdale, Thomas W, MD**  
**Esmende, Sean M, MD**  
**Fulkerson, John P, MD**  
**Grady-Benson, John C, MD**  
**Kime, Charles B, MD**  
**Krompinger, W. Jay, MD**  
**Lena, Christopher J, MD**  
**Linburg, Richard M, MD**  
**Miranda, Michael A, MD**  
**Schutzer, Steven F, MD**  
**Shekman, Mark, MD**  
**Sullivan, Raymond J, MD**  
**Zhou, Hanbing, MD**  
**Zimmermann, Gordon A, MD**

### Connecticut Orthopaedic Specialists

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**Kaplan, Norman R, MD**  
**Kelley, John D, MD**  
**Klauser, Jeffrey, MD**  
**Kramer, Kenneth M, MD**  
**McCallum, John, MD**  
**Minotti, Philip, MD**  
**Moran, Thomas, MD**  
**Ruwe, Patrick A, MD**  
**Scanlan, Mark, MD**  
**Tomak, Sanda, MD**

### Orthopedic Associates of Hartford, PC

31 Seymour Street, Suite 100  
Hartford, CT 06106  
(860) 549-3210

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**Dugdale, Thomas W, MD**  
**Esmende, Sean M, MD**  
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**Grady-Benson, John C, MD**

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<b>Kolstad, Leonard A, MD</b> <b>Paret, Ronald S, MD</b> <b>Pravda, Jeffrey T, MD</b> <b>Zimmering, Paul H, MD</b>		
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**PLEASE NOTE:** If an employee requires the services of a specialist that is not available in the CareWorks 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.