

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

City of Middletown

**EFFECTIVE DATE OF PLAN IS:
October 1, 2021**

Prepared for:

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

City of Middletown

Medical Care Plan

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 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 10-01-2021.

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 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 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 The 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 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 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?

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

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

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 _____

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>Hartford Hospital 80 Seymour Street Hartford, CT 06115 (860) 545-5000</p> <p>Middlesex Hospital 28 Crescent Street Middletown, CT 06457 (860) 704-6000</p>	<p>Middlesex Hospital Marlborough Medical Center 14 Jones Hollow Road Marlborough, CT 06447 (860) 358-3200</p> <p>Middlesex Hospital Shoreline Medical Center 250 Flat Rock Place Westbrook, CT 06498 (860) 358-3700</p>	<p>MidState Medical Center 435 Lewis Avenue Meriden, CT 06450 (203) 694-8200</p> <p>The Hospital of Central Connecticut New Britain Campus 100 Grand Street New Britain, CT 06050 (860) 224-5011</p>
Primary Care Center		
<p>Alliance Occupational Health 440 New Britain Avenue Plainville, CT 06062 (860) 747-9441</p> <p>Concentra Medical Center - Wallingford 900 Northrop Road Wallingford, CT 06492 (203) 949-1534</p> <p>MediQuik Urgent Care 61 Pomeroy Avenue Meriden, CT 06450 (203) 694-5350</p> <p>Middlesex Occupational Medicine 192 Westbrook Road Essex, CT 06426 (860) 358-3840</p>	<p>Middlesex Occupational Medicine Outpatient Center 534 Saybrook Road Middletown, CT 06457 (860) 358-2750</p> <p>Silver Medical & Rehabilitation Group, LLC 28 South Main Street Cheshire, CT 06410 (203) 271-3296</p> <p>Middlesex Hospital Urgent Care Center <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>Connecticut Orthopaedic Specialists,P.C. 2408 Whitney Avenue Hamden, CT 06518 (203) 407-3500 Bradburn, Hubert, MD Moran, Thomas, MD Scanlan, Mark, MD</p> <p>Connecticut Orthopaedic Specialists,P.C. 2200 Whitney Avenue, Suite 310 Hamden, CT 06518 (203) 407-1500 Bradburn, Hubert, MD Scanlan, Mark, MD</p> <p>Connecticut Orthopaedic Specialists,P.C. 330 Orchard Street, Suite 101 New Haven, CT 06511 (203) 301-5010 Bradburn, Hubert, MD Moran, Thomas, MD Scanlan, Mark, MD</p>	<p>Connecticut Orthopaedic Specialists,P.C. 1000 Yale Avenue, Suite 201 Wallingford, CT 06492 (203) 265-1800 Bradburn, Hubert, MD Scanlan, Mark, MD</p> <p>Orthopedic Associates of Hartford 31 Seymour Street Suite 100 Hartford, CT 06106 (860) 549-3210 Bontempo, Nicholas, MD Burton, Kevin, MD Caputo, Andrew, MD Linburg, Richard M, MD</p> <p>Orthopedic Associates of Hartford 1111 Cromwell Avenue, Building 301 Rocky Hill, CT 06067 (860) 549-3210 Bontempo, Nicholas, MD Burton, Kevin, MD Caputo, Andrew, MD</p>	<p>Orthopedic Associates of Middletown 512 Saybrook Road Suite 100 Middletown, CT 06457 (860) 347-7636 Naujoks, Ryan, MD</p> <p>Shoreline Orthopedics and Sports Medicine Associates – a division of CT Orthopaedic Specialists 12 Bokum Road Essex, CT 06426 (860) 767-9053 Lorenze, Mark, MD</p> <p>Terrence K. Donahue, MD, P.C. 40 Hart Street, Building A New Britain, CT 06052 (860) 826-5288 Donahue, Terrence K, MD</p>
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Neurology

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

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

Advanced Eye Physicians
 325 Highland Avenue
 Cheshire, CT 06410
 (203) 271-3103
Hall, William C, MD
Hellreich, Jay E, MD
McMahon, Kevin D, MD

Advanced Eye Physicians
 546 South Broad Street
 Meriden, CT 06450
 (203) 235-2511
Hall, William C, MD
Hellreich, Jay E, MD
McMahon, Kevin D, MD

Consulting Ophthalmologists PC
 499 Farmington Avenue
 Farmington, CT 06032
 (860) 678-0202
Bushley, D. Matthew, MD
DiTolla, Kimberly A, OD
Edwards, Martin, MD
Emerick, Geoffrey T, MD
Gilbert, C. Mitchell, MD
Gingold, Michael P, MD
Hill, David A, MD
Mehldau, Craig, MD
Shelsta, Heather, MD
Ward, Thomas P, MD

Consulting Ophthalmologists PC
 704 Hebron Avenue Suite 200
 Glastonbury, CT 06033
 (860) 678-0202
Bushley, D. Matthew, MD
DiTolla, Kimberly, OD
Edwards, Martin, MD
Emerick, Geoffrey T, MD
Gilbert, C. Mitchell, MD
Gingold, Michael P, MD
Hill, David A, MD
Mehldau, Craig, MD
Shelsta, Heather, MD
Ward, Thomas P, MD

Middlesex Eye Physicians, P.C.
 400 Saybrook Road Suite 100
 Middletown, CT 06457
 (860) 347-7466
Luskind, Roger D, MD
Mulukutla, Ragi, MD
Shriver, Peter, MD

Middlesex Eye Physicians, P.C.
 240 Middletown Ave,
 East Hampton, CT 06424
 (860) 669-5305
Mulukutla, Ragi, MD
Shriver, Peter, MD

Orthopedics

<p>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</p> <p>Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC 1055 Post Road Fairfield, CT 06518 (203) 254-1055 Campbell, Curtis L, MD</p> <p>Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC 888 White Plains Road Trumbull, CT 06611 (203) 268-2882 Campbell, Curtis L, MD</p> <p>Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC 1800 Post Road East Westport, CT 06880 (203) 268-2882 Campbell, Curtis L, MD</p> <p>Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC 701 North Colony Road Wallingford, CT 06492 (203) 265-1800 Nelson, Stephen J, MD Padegimas, Eric M, MD</p> <p>Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC 258 South Broad Street Milford, CT 06460 (203) 882- 3373 Nelson, Stephen J, MD</p> <p>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</p>	<p>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</p> <p>Orthopedic Associates of Middletown 14 Jones Hollow Road Marlborough, CT 06447 (860) 295-8751 Geist, Robert, MD Hicks, Alfred, DO Kuhn, Michael, MD Larson, Thomas, MD Reardon, Terry, MD</p> <p>Orthopedic Associates of Middletown 512 Saybrook Road, Suite 100 Middletown, CT 06457 (860) 347-7636 Geist, Robert, MD Hicks, Alfred, DO Kuhn, Michael, MD Larson, Thomas, MD Reardon, Terry, MD</p> <p>Shoreline Orthopedics & Sports Medicine - Associates a division of CT Orthopaedic Specialists 12 Bokum Road Essex, CT 06426 (860) 767-9053 Lorenze, Mark D, MD Luster, Steven, MD White, Martin J, MD</p> <p>Connecticut Orthopaedic Specialists 1000 Yale Avenue, Suite 201 Wallingford, CT 06492 (203) 265-1800 Beiner, John M, MD Bradburn, Hubert B, MD 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</p>	<p>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</p> <p>Connecticut Orthopaedic Specialists 2408 Whitney Avenue Hamden, CT 06518 (203) 407-3500 Beiner, John M, MD Bradburn, Hubert B, MD Cohen, David B, MD Diana, Richard, MD Ferrucci, Allen M, MD 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</p> <p>Orthopedic Associates of Hartford, PC 31 Seymour Street, Suite 100 Hartford, CT 06106 (860) 549-3210 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</p>
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<p>Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC 2416 Whitney Avenue Hamden, CT 06518 (203) 752-3100 Nelson, Stephen J, MD Padegimas, Eric M, MD</p> <p>Center for Orthopaedics- a division of Connecticut Orthopedic Specialists, PC 450 Boston Post Road Guilford, CT 06437 (203) 453-6340 Padegimas, Eric M, MD</p> <p>Comprehensive Orthopaedics & Musculoskeletal Care, LLC 455 Lewis Avenue, Suite 102 Meriden, CT 06451 (203) 639-7992 Aldrich, Keith, MD Covey, Aaron, MD Driscoll, Jon, MD Kolstad, Leonard A, MD Paret, Ronald S, MD Pravda, Jeffrey T, MD Zimmering, Paul H, MD</p> <p>Comprehensive Orthopaedics & Musculoskeletal Care, LLC 863 North Main Street Ext. Suite 200 Wallingford, CT 06492 (203) 265-3280 Alrich, Keith, MD Covey, Aaron, MD Driscoll, Jon, MD Kolstad, Leonard A, MD Paret, Ronald S, MD Pravda, Jeffrey T, MD Zimmering, Paul H, MD</p> <p>Comprehensive Orthopaedics & Musculoskeletal Care, LLC 680 South Main Street Cheshire, CT 06410 (203) 699-9650 Aldrich, Keith, MD Driscoll, Jon, MD Kolstad, Leonard A, MD Paret, Ronald S, MD Pravda, Jeffrey T, MD Zimmering, Paul H, MD</p> <p>Comprehensive Orthopaedics & Musculoskeletal Care, LLC 98 Main Street, Suite 201 Southington, CT 06489 (860) 329-0115 Aldrich, Keith, MD Driscoll, Jon, MD</p>	<p>Moran, Thomas, MD Ruwe, Patrick A, MD Scanlan, Mark, MD</p> <p>Orthopedic Associates of Hartford, PC 499 Farmington Avenue, Suite 300 Farmington, CT 06032 (860) 549-321 Aronow, Michael S, MD Becker, Gerald J, MD Bontempo, Nicholas A, MD Caputo, Andrew E, MD Davis, Stephen L, MD Dugdale, Thomas W, 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 Sullivan, Raymond J, MD Zhou, Hanbing, MD Zimmermann, Gordon A, MD</p> <p>Connecticut Orthopaedic Specialists 2200 Whitney Avenue Suite 310 Hamden, CT 06518 (203) 407-1500 Cohen, David B, MD Diana, Richard, MD Kaplan, Norman R, MD Kramer, Kenneth M, MD Minotti, Philip, MD</p> <p>Connecticut Orthopaedic Specialists 330 Orchard Street, Suite 101 New Haven, CT 06511 (203) 301-5010 Beiner, John M, MD Bradburn, Hubert B, MD 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 Moran, Thomas, MD Ruwe, Patrick A, MD Scanlan, Mark, MD</p>	<p>Kime, Charles B, MD Krompinger, W. Jay, MD Lena, Christopher J, MD Linburg, Richard M, MD Miranda, Michael A, MD Nagarkatti, Durgesh, MD Rios, Clifford, MD Schutzer, Steven F, MD Shekhman, Mark, MD Sullivan, Raymond J, MD Zhou, Hanbing, MD Zimmermann, Gordon A, MD</p> <p>Orthopedic Associates of Hartford PC 1111 Cromwell Avenue Rocky Hill, CT 06067 (860) 549-3210 Aronow, Michael S, MD Becker, Gerald J, MD Bontempo, Nicholas A, MD Caputo, Andrew E, MD Davis, Stephen L, MD Dugdale, Thomas W, MD Fulkerson, John P, MD</p> <p>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 Sullivan, Raymond J, MD Zimmermann, Gordon A, MD</p> <p>The Orthopaedic Group – a division of CT Ortho Specialists 9 Washington Avenue Hamden, CT 06518 (203) 865-6784 Bernstein, Richard, MD Irving, John, MD Lynch, Christopher, MD Reznik, Alan, MD Shia, Derek, MD Wijesekera, Shirvinda, MD Zell, Richard, MD</p> <p>Orthopedic Associates of Hartford, PC 40 Hart Street Building A New Britain, CT 06052 (860) 223-8553 Waskowitz, Robert, MD</p>
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Kolstad, Leonard A, MD Paret, Ronald S, MD Pravda, Jeffrey T, MD Zimmering, Paul H, MD		
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Physical Medicine and Rehabilitation

Comprehensive Orthopaedics & Musculoskeletal Care, LLC
 680 South Main Street
 Cheshire, CT 06410
 (203) 699-9650
Kapur, Gaurav, MD

Comprehensive Orthopaedics & Musculoskeletal Care, LLC
 455 Lewis Avenue, Suite 102
 Meriden, CT 06451
 (203) 639-7992
Kapur, Gaurav, MD

Comprehensive Orthopaedics & Musculoskeletal Care, LLC
 98 Main Street, Suite 201
 Southington, CT 06489
 (860) 329-0115
Kapur, Gaurav, MD

Comprehensive Orthopaedics & Musculoskeletal Care, LLC
 863 North Main Street Ext., Suite 200
 Wallingford, CT 06492
 (203) 265-3280
Kapur, Gaurav, MD

Connecticut Orthopaedic Specialists, P.C.
 2408 Whitney Avenue
 Hamden, CT 06518
 (203) 407-3500
Marino, John, MD

Orthopedic Associates of Hartford
 85 Seymour Street, Suite 607
 Hartford, CT 06106
 (860) 549-3210
Codispoti, Vincent, MD
Memmo, Pietro, MD

Orthopedic Associates of Middletown
 512 Saybrook Road, Suite 100
 Middletown, CT 06457
 (860) 347-7636
Fejos, Arpad, MD

Podiatry

Connecticut Orthopaedic Specialists
 2408 Whitney Avenue
 Hamden, CT 06518
 (203) 407-3500
Caminear, David DPM
DeLott, Jeffrey DPM

Connecticut Orthopaedic Specialists
 701 North Colony Road
 Wallingford, CT 06492
 (203) 265-1800
Caminear, David DPM
DeLott, Jeffrey DPM

Connecticut Orthopaedic Specialists
 9 Washington Avenue
 Hamden, CT 06518
 (203) 407-3500
Singha, Jeeten DPM

Orthopedic Associates of Middletown
 14 Jones Hollow Road
 Marlborough, CT 06447
 (860) 347-7636
Adeleke, Adebola T, DPM

Orthopedic Associates of Middletown
 512 Saybrook Road, Suite 100
 Middletown, CT 06457
 (860) 347-7636
Adeleke, Adebola T, DPM

Orthopedic Associates of Middletown
 5 Pequot Park Road Ste 202
 Westbrook, CT 06498
 (860) 347-7636
Adeleke, Adebola T, DPM

Saybrook Podiatry Associates, P.C.
 577 Saybrook Road
 Middletown, CT 06457
 (860) 343-5185
Lamay, Callie

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.