

**NOTICE TO ALL EMPLOYEES**

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**Remember, it is important to tell your employer about your injury.**

If you are injured while at work, your employer has arranged for the payment of your workers' compensation benefits with **THE PMA INSURANCE GROUP**. It is your responsibility to immediately report the injury to your supervisor.

**In accordance with the Pennsylvania Workers' Compensation Act, you must choose a physician or other health care provider from the list below:**

If you suffer a work-related injury PMA Insurance Group will pay for reasonable surgical and medical services, medicines, supplies, orthopedic appliances and prostheses, including training in their use.

In order to ensure that your medical treatment will be paid for by PMA Insurance Group, you must select from one of the physicians or other health care providers listed below.

**Occupational Medicine**

St. Vincent Occupational Health  
1910 Sassafras Street//Suite 200  
Erie PA 16502  
814/452-7879

**Chiropractic**

Young Chiropractic Center  
2431 West 26<sup>th</sup> Street  
Erie PA 16506  
814/838-9898

**Ophthalmology**

Contemporary Ophthalmology of Erie  
2640 Zuck Road  
Erie PA 16506  
814/838-9555

**Neurosurgery**

St. Vincent Neurological Surgeons  
1910 Sassafras Street  
Erie PA 16502  
814/452-7809

**Physical Therapy**

St Vincent Rehab Solutions  
1910 Sassafras Street  
Erie PA 16502  
814/452-5231

**Orthopedic**

Orthopedic Surgeons Inc  
204 West 26<sup>th</sup> Street  
Erie PA 16508  
814/454-2401

**Hand Specialist**

Hand Microsurgery &  
Reconstructive Ortho.  
300 State Street  
Suite 205  
Erie PA 16507  
814/456-6022.

**General Surgery**

Greater Erie Surgical  
2626 Sigsbee Street  
Erie PA 16508  
814/454-1142

**Physical Therapy**

Nova Care  
5121 Zuck Road  
Unit B  
Erie PA 16510  
814/836-0600

**TMESYS Pharmacy Program – To contact your local TMESYS Pharmacy,  
Please call (800) 964-2531**

You must continue to visit one of these physicians or other health care providers listed above, if you need treatment, for **90 days** from the date of your first visit. After this 90-day period, if you still need treatment, you may choose to go to another physician or other health care provider for treatment. If this situation should arise, let your employer and your PMA Claims Representative know within 5 days of the first visit. All physicians and other health care providers must file reports within 10 days after your first visit and at least once a month for as long as treatment continues in order for payment to be considered. If one of the physicians or other health care providers listed above refers you to another physician or health care provider, your employer or his insurer will pay the reasonable bills for these services. **If you're faced with an immediate medical emergency, you may secure initial assistance from a hospital, physician or other health care provider of your choice.** You must then seek subsequent treatment from a physician or other health care provider listed above for at least the first **90 days** from the date of your first treatment. If one of the listed providers recommends invasive surgery, you are entitled to a second opinion from a physician of your choice. Should your physician's opinion differ, and you choose that opinion, the panel physician will abide by same for 90 days.

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

Requests for additional information should be directed to: **THE PMA INSURANCE GROUP**