



Timely Reporting of Injuries

Best practice is to report injuries within 24 hours of occurrence.

Report work injuries to your immediate Supervisor.

For questions regarding your claim, please contact the PMA Customer Service Center at 1-888-476-2669

Research shows:

Claims reported within 3 days cost 15-20% less

- For every day a report is delayed, claim costs can increase by 3%
- If delayed for one month, claim costs can climb as much as 45-50%

Benefits of timely reporting:

- Earlier Return To Work (RTW)
- Better medical management (i.e., back sprains do not worsen, infection does not develop)
- Control medical treatment thereby reducing costs
- Enables the adjuster to make a timely determination of compensability and to commence benefits.
- Allows a timely investigation into the facts of the incident (i.e., how the incident occurred, where the incident occurred, medical treatment sought, witness names, if any, etc.). This can help to identify areas of training.



City of Ansonia and Ansonia 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		
Griffin Hospital 130 Division Street Derby, CT 06418 (203) 735-7421		
Primary Care Center		
Griffin Hospital Occupational Medicine Center 10 Progress Drive Shelton, CT 06418 (203) 944-3718 Yale New Haven Occupational Health Plus YNHH/St. Raphael Campus 175 Sherman Avenue New Haven, CT 06511 (203) 789-3271	Yale New Haven Occupational Health Plus 2080 Whitney Avenue, Suite 150 Hamden, CT 06518 (203) 789-6240 Silver Medical & Rehabilitation Center, LLC 28 South Main Street Cheshire, CT 06410 (203) 271-3296	
Chiropractic Medicine		
Seybridge Chiropractic Center 36 New Haven Road Seymour, CT 06483 (203) 888-7246 Signoriello, John, D.C.	Silver Medical & Rehabilitation Center, LLC 28 South Main Street Cheshire, CT 06410 (203) 271-3296 Sparke, Christopher DC	Valley Chiropractic Physicians 24 Derby Avenue Derby, CT 06418 (203) 735-5555 Hochman-Turek Stephanie, DC

If an employee requires the services of a medical specialty that is not available in the 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.

General Surgery	
Advanced Surgical Associates 115 Technology Drive, C-100 Trumbull, CT 06611 (203) 268-5212 Fotovlat, Ahmad, M.D. General & Laparoscopic Surgical Associates, LLC 350 Seymour Avenue, Suite 101 Derby, CT 06418 (203) 732-3443 Ponomarenko, Ihor MD Soto, Leland MD	Park Avenue Surgical Associates 5520 Park Avenue, Suite 207 Trumbull, CT 06611 (203) 373-9015 Kenler, Andrew S., M.D. Wound Healing Center of Fairfield 226 Mill Hill Avenue Bridgeport, CT 06610 (203) 384-4325 Butler, William R., M.D.
Neurology	
M. Hasbani, M.D. & M.J. Hasbani, MD, PhD, LLC 136 Sherman Avenue, Suite 505 New Haven, CT 06511 (203) 562-8071 Hasbani, Meyer Joshua M.D. Hasbani, Moshe M.D. Neurological Specialists, P.C. 2590 Main Street Stratford, CT 06497 (203) 377-5988 Barasch, Philip, M.D. Beck, Lawrence, M.D. Butler, James B. M.D. Webb, Lisa, M.D.	Neurological Specialists, P.C. 4 Corporate Drive, Suite 192 Shelton, CT 06484 (203) 924-8664 Barasch, Philip M., M.D. Beck, Lawrence Butler, James B., M.D. Webb, Lisa B., M.D. Samuel L. Bridgers, M.D., P.C. 2080 Whitney Avenue Suite 280 Hamden, CT 06518 (203) 248-6200 Bridgers, Samuel L., M.D.

Neurosurgery		
Abraham Mintz, M.D., PC 5520 Park Avenue, Suite 210 Trumbull, CT 06611 (203) 372-6460 Mintz, Abraham, M.D. Neurosurgery, Orthopaedic & Spine Specialists, P.C. 1 Greenwich Place 330 Bridgeport Avenue Shelton, CT 06484 (203) 755-6677 Gorelick, Judith MD	Michael E. Opalak, M.D., PC 2890 Main Street, 2nd Floor Stratford, CT 06614 (203) 336-3303 Opalak, Michael MD	Orthopaedic Specialty Group, PC 2 Enterprise Drive, Suite 204 Shelton, CT 06484 (203) 944-0042 Shear, Perry A., M.D. Zimmerman, Gary A., M.D. Orthopaedic Specialty Group, PC 305 Black Rock Turnpike Fairfield, CT 06825 (203) 337-2600 Shear, Perry A. M.D. Zimmerman, Gary A., M.D.
Ophthalmology		
Connecticut Eye Specialist, LLC 4 Corporate Drive Suite 285 Shelton, CT 06484 (203) 926-1700 Sokol, Joseph M.D. Pinke Center for Eye Health 9 Cots Street Shelton, CT 06484 (203) 924-8800 Pinke, James R., M.D.	Opticare Eye Health Center, Inc. 87 Grandview Avenue Waterbury, CT 06708 (203) 574-2020 Bosjolie, Anjela O.D. Capuano, Mara O.D. Dincher, Stephen, O.D. Dua, Neeru., M.D. Fei, Eugene, O.D. Gershon, Meredith R., M.D. Getnick, Richard A., M.D. Gilbert, Richard, M.D. Konykhov, Olga MD Nguyen, Kelly O.D. Oberman, Jeffrey MD Peterson, W. Scott, M.D. Schonfeld, Jessica MD Seymour, Tara M.D. Sou, Sidet O.D. Yimoyines, Dean J., M.D.	

Orthopedic Surgery

**Center for Orthopaedics –
a division of CT Ortho Specialists**
2200 Whitney Avenue, Suite 170
Hamden, CT 06518
(203) 281-4400
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

**Center for Orthopaedics –
a division of CT Ortho Specialists**
20 Commerce Park
Milford, CT 06460
(203) 876-1723
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

**Center for Orthopaedics –
a division of CT Ortho Specialists**
60 Temple Street, Suite 3B
New Haven, CT 06510
(203) 562-2663
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

**Center for Orthopaedics –
a division of CT Ortho Specialists**
1 Greenwich Place
889 Bridgeport Avenue
Shelton, CT 06484
(203) 538-0020
Altman, Mark, M.D.
Daignault, John P., M.D.
Mayor, Rowland B., M.D.
Sumner, Jeffrey M., M.D.

Connecticut Orthopaedic Specialists
258 Broad Street
Milford, CT 06460
(203) 877-5522
Lahav, Amit, M.D.
Schachter, Aaron K., M.D.
Weisman, Tedd L., M.D.

Connecticut Orthopaedic Specialists
One Greenwich Place
889 Bridgeport Avenue
Shelton, Connecticut 06484
(203) 538-0020
Aversa, John M., M.D.
Beiner, John M., M.D.
Bradburn, Hubert B., M.D.
Cohen, David B., M.D.
Diana, Richard, M.D.
Ferrucci, Allen M. M.D.
Kaplan, Norman R., M.D.
Kelley, John D., M.D.
Klauser, Jeffrey N., M.D.
Kramer, Kenneth M., M.D.
McCallum, John M.D.
Minotti, Philip M.D.
Moran, Thomas P., M.D.
Ruwe, Patrick A., M.D.
Scanlan, Mark, M.D.
Tomak, Sanda M.D.
(203) 877-5522
Lahav, Amit, M.D.
Schachter, Aaron K., M.D.
Weisman, Tedd L., M.D.

Orthopaedic Specialty Group, PC
305 Black Rock Turnpike
Fairfield, CT 06825
(203) 337-2600
Awad, John N., M.D.
Backe, Jr., Henry, M.D.
Bindelglass, David F., M.D.
Brittis, Dante, M.D.
Dawe, Robert V., M.D.
Fabian, Lauren M., M.D.
FitzGibbons, James J., M.D.
Hermele, Herbert, M.D.
Kwok, Patrick, M.D.
Malin, Joel W., M.D.
Richer, Ross M.D.
Stanton, Robert, M.D.

Orthopaedic Specialty Group, PC
2 Enterprise Drive, Suite 204
Shelton, CT 06484
(203) 944-0042
Awad, John N., M.D.
Backe, Jr., Henry, M.D.
Bindelglass, David F., M.D.
Brittis, Dante, M.D.
Dawe, Robert V., M.D.
Fabian, Lauren M., M.D.
FitzGibbons, James J., M.D.
Hermele, Herbert, M.D.
Kwok, Patrick, M.D.
Malin, Joel W., M.D.
Richer, Ross M.D.
Stanton, Robert, M.D.

**The Orthopaedic Group –
a division of CT Ortho Specialists**
9 Washington Avenue
Hamden, CT 06518
(203) 407-3040
Bernstein, Richard, M.D.
Irving, John F., M.D.
Lynch, Christopher M.D.
Reznik, Alan M., M.D.
Shia, Derek MD
Wijesekera, Shirvinda A., M.D.
Zell, Richard A., M.D.

Valley Orthopaedic Specialists
2 Trap Falls Road
Shelton, CT 06484
(203) 734-7900
Blechner, Mark H., M.D.
Cambria, Gerald F., M.D.
Komninakas, Ignatius, M.D.
Richo, Gary R., M.D.
Waller, Scott M.D.

PLEASE NOTE: If an employee requires the services of a specialist that is not available in the MCMC CareSys 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.