

## NOTICE TO ALL EMPLOYEES

### INJURED ON THE JOB?

As your employer we want to make sure that you get proper medical attention as soon as possible. Local medical providers have been designated to provide necessary treatment for our employees if injured on the job.

If you are injured at work, follow these simple steps:

- 1. NOTIFY YOUR SUPERVISOR OF YOUR INJURY IMMEDIATELY**
- 2. SEEK FIRST AID WITH SCHOOL NURSE IF ON DUTY**
- 3. SEEK MEDICAL TREATMENT WITH THE INITIAL TREATMENT CENTER LISTED BELOW:**

Concentra of Waterbury  
8 South Commons Road  
Waterbury, CT 06704  
203-759-1229  
[www.concentra.com](http://www.concentra.com)

#### **4. WHEN SEEKING MEDICAL ATTENTION**

Please identify yourself and your employer to the medical provider (listed above.) Any billing for your visit will be sent directly to CIRMA, P.O. Box 9558, New Haven, CT 06510.

**IN CASES OF EMERGENCY or AFTER HOURS, GO TO THE NEAREST EMERGENCY ROOM or CALL 911!**

If follow up treatment is necessary, you may continue treatment with Concentra or with a physician from CIRMA Preferred Provider Network (PPN). To find CIRMA PPN please go to

<http://cirma.ccm-ct.org>, click on workers compensation tab, choose the second drop-down -medical care plan then click on all other Towns & BOE. Should you choose to seek treatment with a provider outside of the Network, you may be responsible for the payment of those services and you may place your Workers' Compensation benefits at risk (subject to the order of a Workers' Compensation Commissioner.)

If the initial treating physician (from Concentra or ER) deems that you are unable to work for a period of time, you need to see such physician before the date that you are expected to return to work or risk not being paid.

If you have any questions about medical providers or our Workers' Compensation benefits, please feel free to contact the Region 14 Benefits Coordinator at 203 405-8412 or CIRMA at 203-946-3700.