CAMP HILL, HARRISBURG, HERSHEY, CARLISLE WORKERS’ COMPENSATION PANEL

NOTICE TO EMPLOYEES IN CASE OF WORK-RELATED INJURIES

1. If you suffer a work-related injury, your employer or its insurance company must pay for reasonable surgical and medical services and supplies, orthopedic appliances and prosthesis, including training in their use.

2. In order to insure that your medical treatment will be paid for by your employer or the insurance company, you must select from one of the following health care providers.

3. You must continue to visit one of the physicians listed below, if you need treatment, for ninety (90) days from the date of your first visit.

4. If one of the persons below refers you to another licensed specialist, your employer or their insurer will pay the bill for these services.

5. After this ninety (90) day period, if you still need treatment and your employer has provided a list as set forth below, you may choose to go to another health care provider for this treatment. You should notify your employer of this action within five days of your visit to said provider.

6. If a physician on the list prescribes invasive surgery, you may obtain a second opinion from any physician of your choice. If the second opinion is different than the listed physician’s opinion, you may determine which course of treatment to follow; however, the second opinion must contain a specific and detailed treatment plan. If you choose the second opinion, the procedures in that opinion must be performed by one of the physicians on the list for the first ninety (90) days. Therefore, in this situation, the employee may be required to treat with an employer-designated provider for up to 180 days.

7. If you are faced with a medical emergency, you may secure assistance from a hospital, physician, or health care provider of your choice for your work-related injury. However, when the emergency is resolved, you must seek treatment from a provider on the following list.

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| SPECIALTY | NAME | ADDRESS | TELEPHONE | HOURS |
| **Occupational****Medicine** | Patient First | 107 S. Sporting Hill Rd.Mechanicsburg, PA 17050 | (717) 943-1781 | 8:00 a.m. – 10:00 p.m. |
|  | Patient First | 5125 Jonestown Road, Unit 105Harrisburg, PA 17112 | (717) 943-1566 | 8:00 a.m. – 10:00 p.m. |
| **Orthopedics** | Appalachian Orthopedic Surgeons | 1 Dunwoody DriveCarlisle, PA 17015 | (717) 761-5530 | Mon-Fri8:00 a.m.-5:00 p.m. |
|  | Orthopedic Surgeons of Central PA | 550 N Twelfth St # 140, Lemoyne, PA 17043  | 717-901-8000 | Mon-Fri8:00 a.m.-4:30 p.m. |
|  | Arlington Group | 802 Sir Thomas CourtHarrisburg, PA  | 717-652-9555 | Office hours byAppointment |
| **Ophthalmology** | Arnesto Eye Associates | 2025 Technology Pkwy Suite 103, Mechanicsburg, PA 17050  | 717-791-2580 | Mon-Fri8:00 a.m.-5:00 p.m. |
|  | Kilmore Eye Associates | 890 Century Dr, Mechanicsburg, PA 17055  | 717-697-1414 | Mon-Fri7:00 a.m. –4:00 p.m. |
|  | Premier Eyecare | 92 Tuscarora St, Harrisburg, PA 17104 | (717) 232-0843 | Mon-Fri7:30 a.m.-5:00 p.m. |
| **General Surgery** | Susquehanna Valley Surgery Center | 4310 Londonderry Rd #1, Harrisburg, PA 17109 | (717) 657-7556 | Mon-Fri8:00 a.m. –5:00 p.m. |
| **Physical Therapy** | Select Physical Therapy | 417 Village DriveSuite 4Carlisle, PA 17015 | (717) 245-0610 | Mon & Wed7:00 a.m.-4:00 p.m. |
|  | Select Physical Therapy | 3025 Market St.Camp Hill, PA  | (717) 737-7903  | Tues8:00 a.m.-4:00 p.m. |
|  | Select Physical Therapy | 550 North 12Th StreetLemoyne, PA 17043 | (717) 737-9818  | Thurs10:00 a.m. – 7:00 p.m.Fri8:00 a.m.-1:00 p.m. |
| **Physiatrist** | Susquehanna Valley Pain Management | 825 Sir Thomas CourtHarrisburg, PA 17109 | (717) 652-8670 | Mon-Fri8:00 a.m.-4:00 p.m. |
| **Chiropractor** | Inspire Chiropractic & Wellness | 106 South Hanover StHummelstown, PA 17036 | (717)-566-6000 | Mon/Wed/Fri8:00 a.m.-7:00 p.m.Thurs1:00 p.m.-7:00 p.m. |