

PLEASANT VALLEY SCHOOL DISTRICT
WHAT TO DO IN CASE OF A WORK-RELATED INJURY
EFFECTIVE JULY 1, 2021 THROUGH JUNE 30, 2022

If you suffer a work-related injury, your health and wellbeing are our first concern. If the injury is of a serious nature and requires the assistance of an ambulance or rescue personnel, they should be contacted immediately. If the injury is of a less serious nature, the following procedures must be followed:

1. If you suffer a work-related injury, the first thing you **MUST** do is report the injury to your supervisor. S/he or a designated person in your building will provide you with an SDIC packet, and your first step is to call SDIC @ (800) 445-6965 or go online to sdicwc.org (click on the "Report a Claim" button). You must also call **Deborah Sandt, Benefits Bookkeeper**.
2. If you require a prescription for your work-related injury or disease, do not use your personal health plan prescription card. Please use the Mitchell International First Fill Sheet, which you will receive in the claim package. When you call in your report of injury to SDIC, they will assign you a claim number. Please use this claim number when seeing a panel physician.
3. If you suffer a work-related injury, **PLEASANT VALLEY SCHOOL DISTRICT** or our insurer will pay reasonable surgical and medical services and supplies, orthopedic appliances and prosthetics, including training in their use when needed. In order to ensure that your medical treatment will be paid for by **Pleasant Valley School District** or our insurer, **you must select from one of the health-care providers listed below for your initial care:**

LVPG Occupational Medicine - Tannersville
2838 Rt 611
Tannersville, PA 18372
(570) 476-3336
Area of Specialty: Occupational Medicine

Lehigh Neurology
1250 South Cedar Crest Boulevard, Suite 405
Allentown, PA 18104
(610) 402-8420
Area of Specialty: Neurology

Coordinated Health (multiple locations)
111 Switzgable Drive
Brodheads ville, PA 18322
(484) 273-4241
Area of Specialty: Orthopedics

St. Luke's Neurology Associates of Monroe County
3 Parkinson's Road
East Stroudsburg, PA 18301
(272) 212-0553
Area of Specialty: Neurology

St. Luke's Occupational Medicine (multiple locations)
487 E. Moorestown Rd.
Wind Gap, PA 18901
(484) 526-7850
Area of Specialty: Occupational Medicine

Moorestown Chiropractic
402 W Moorestown Road
Nazareth, PA 18064
(610) 759-1300
Or call Align Networks: (866) 389-0211
Area of Specialty: Chiropractic

St. Luke's Care Now (multiple locations)
11 Route 715
Brodheads ville, PA 18322
(272) 212-0426
Area of Specialty: Occupational Medicine

Stroudsburg Eye Specialists
2942 Rt. 611 Ste 105
Tannersville, PA 18372
(570) 421-3342
Area of Specialty: Ophthalmology

St. Luke's Care Now (multiple locations)
153 Brodhead Rd.
Bethlehem, PA 18017
(484) 526-3000
Area of Specialty: Urgent Care

Lehigh Valley Physicians Practice
1627 W Chew Street, Suite 101
Allentown, PA 18102
(610) 969-4370
Area of Specialty: Family Medicine

PMC - West End Healthcare Center
120 Burrus Blvd, Suite 200
Brodheads ville, PA 18322
(570) 420-6300
Area of Specialty: Family Medicine

*Physical Therapy at St. Luke's
614 Interchange Road
Kresgeville, PA 18333
(610) 681-3637 ***Please schedule PT directly thru St Luke's**
-or-

St Luke's Orthopedic Care (multiple locations)
200 St Luke's Lane, Suite 200
Stroudsburg, PA 18360
(484) 526-1735
Area of Specialty: Orthopedics

*Physical Therapy at St Luke's
217 Franklin Avenue
Palmerton, PA 18071
(610) 826-1158 ***Please schedule PT directly thru St Luke's**
Area of Specialty: Physical Therapy

For Prescriptions

Please use your Mitchell International card at your local pharmacy to bill SDIC directly
(Giant, Rite Aid, Wal-Mart, Walgreens)

For Physical Therapy

NovaCare Rehabilitation
(866) 723-NOVA

-or-

One Call Care Management
Physical Therapy/Chiropractic
(866) 389-0211

Dental

One Call Care Management
(888) 539-0577

For MRI/EMG/X-Ray/CT Scan

One Call Care Management
(800) 453-0574

-or-

Apricus (Formerly PCS)
(866) 932-5779

For Durable Medical Equipment

One Call Care Management
(800) 848-1989

-or-

Apricus (Formerly PCS)
(866) 932-5779
(walkers, crutches, TENs units, orthotics, etc.)

4. Please call in advance for an appointment if you need treatment. You must continue to treat with one of these providers for ninety **(90 days)** from the date of your first visit.
5. If the ninety (90) day period passes and you still need treatment you may choose to continue with the health care provider on this list, or you may choose another provider. You must notify Pleasant Valley School District Representative, **Deborah Sandt, Benefits Bookkeeper** of this action within five (5) days of your first visit to the health care provider of your choice. Your bills will be paid if you have provided proper notice and if your provider files reports as required. (These reports must be filed within ten (10) days after your first visit and at least once a month for as long as treatment continues.)
6. If one of the health care providers listed above refers you to a specialist, the **Pleasant Valley School District** or our insurer will pay for these services as provided by law.

All workers' compensation claims will be processed on behalf of the School District by:

SCHOOL DISTRICTS INSURANCE CONSORTIUM
P.O. BOX 1249
NORTH WALES, PA 19454
Phone: (800) 445-6965

ACKNOWLEDGMENT: I have been informed of and understand my rights and duties as specified herein.

Signature: _____ Date: _____

Please Print Name: _____

*** At time of distribution, this information is accurate to the best of our knowledge. This panel is subject to change based on information received from the medical provider.**