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 ensure 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:

**TO ENSURE PROMPT APPOINTMENTS WITH THE BELOW PHYSICIANS OR WORKWELL NETWORK PROVIDER PLEASE CALL 1-800-662-2400**

**OCCUPATIONAL MEDICINE**
- Wayne Hentschel, M.D.
  - 196 West Sproul Road, Suite 110
  - Springfield, PA 19064
  - Scheduling 1-800-662-2400

- Olga Vinshtok, M.D.
  - 417 Baltimore Pike
  - Springfield, PA 19064
  - Scheduling 1-800-662-2400

**OCCUPATIONAL MEDICINE**
- Susan M. Dornstein, D.O.
  - 8 Morton Avenue, Suite 206
  - Ridley Park, PA 19078
  - Scheduling 1-800-662-2400

**URGENT CARE**
- Julia Helstrom, D.O.
  - 1305 West Chester Pike
  - Havertown, PA 19083
  - Scheduling 1-800-662-2400

**OPHTHALMOLOGY**
- Raymond Wolfe, M.D.
  - 200 East State Street, Suite 108
  - Media, PA 19063
  - Scheduling 1-800-662-2400

- Aubrey Okpaku, M.D.
  - 1098 West Baltimore Pike, Ste 3302
  - Media, PA 19063
  - Scheduling 1-800-662-2400

**ORTHOPEDICS**
- Olga Vinshtok, M.D.
  - 417 Baltimore Pike
  - Springfield, PA 19064
  - Scheduling 1-800-662-2400

- Raymond Wolfe, M.D.
  - 200 East State Street, Suite 108
  - Media, PA 19063
  - Scheduling 1-800-662-2400

**THYROID/ENDOCRINOLGY**
- Mary Jones, M.D.
  - 1098 West Baltimore Pike, Ste 3302
  - Media, PA 19063
  - Scheduling 1-800-662-2400

**NEUROLOGY**
- Joseph Vernace, M.D.
  - 101 Bryn Mawr Avenue, Suite 200
  - Bryn Mawr, PA 19010
  - Scheduling 1-800-662-2400

**NEUROSURGERY**
- Aubrey Okpaku, M.D.
  - CCMC Professional Office Bldg #2, Ste 428
  - Chester, PA 19013
  - Scheduling 1-800-662-2400

**PHARMACY/PRESCRIPTIONS**
- TMESYS (a PMSI program)
  - 800-964-2531

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

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

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

5. 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.

6. 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 above list.

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