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

**URGENT CARE**
MedExpress Urgent Care  
1010 West Crestview Drive  
Lebanon, PA 17042  
Scheduling 1-800-662-2400

**FAMILY PRACTICE**
Tshering Sherpa, M.D.  
431 West Lincoln Avenue  
Myerstown, PA 17067  
Scheduling 1-800-662-2400

**FAMILY PRACTICE**
Thomas Frey, M.D.  
431 West Lincoln Avenue  
Myerstown, PA 17067  
Scheduling 1-800-662-2400

**ORTHOPEDICS**
Lance O. Yarus, D.O.  
410-12 Cumberland Street  
Lebanon, PA 17042  
Scheduling 1-800-662-2400

**OPHTHALMOLOGY**
David Stresfeld, M.D.  
834 Norman Drive  
Lebanon, PA 17042  
Scheduling 1-800-662-2400

**OPHTHALMOLOGY**
Raymond Demaio, M.D.  
233 West Penn Avenue  
Cleona, PA 17042  
Scheduling 1-800-662-2400

**ORTHOPEDICS**
Vincent R. Avallone, Jr, D.O.  
801 Orange Street  
Lebanon, PA 17042  
Scheduling 1-800-662-2400

**GENERAL SURGERY**
Robert A. Bazewicz, M.D.  
229 South 4th Street  
Lebanon, PA 17042  
Scheduling 1-800-662-2400

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

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.