What does workers’ compensation cover?

You may be entitled to workers’ compensation benefits if you are injured or become ill because of your job. Workers’ compensation covers most work-related physical or mental injuries and illnesses. An injury or illness can be caused by one event (such as hurting your back in a fall) or by repeated exposures such as hurting your wrist from doing the same motion over and over). Generally, independent contractors, and volunteers who receive no compensation are not covered by workers’ compensation benefits. Injuries resulting from off duty recreational, social, or athletic activities, unless condoned or sponsored by your employer, are generally not covered.

Benefits:

Workers’ compensation benefits include: Medical care, temporary disability, permanent disability, supplemental job displacement voucher, and death benefits

Medical Care:

You are entitled to medical care that is reasonably required to cure or relieve you from the effects of your work-related injury. Medical care may include doctor visits, hospital services, physical therapy, lab tests, x-rays, and medicines that are reasonably necessary to treat your injury. Providers should never bill you directly for work-related injuries. There is a limit on some medical services. Your employer is required to provide you with a claim form within one business day of learning about your injury. It is extremely important that you complete the “Employee” section of the claim form as your employer is required to authorize medical care within one working day after you file the form. If additional care is necessary after the initial treatment, the claims administrator will authorize any care that is appropriate for your injury, including the referral to specialists.

Your Primary Treating Physician (PTP):

This is the doctor with overall responsibility for treating your injury or illness. The primary treating physician determines what type of treatment you need and when you may return to work. A multispecialty medical group of licensed doctors and osteopathy can be designated as personal physicians. If your employer or your employer’s insurer does not have a Medical Provider Network, you may be able to change your treating physician to your personal chiropractor or acupuncturist following a work-related injury or illness by making a request to the claims administrator. Chiropractors may not continue as the primary treating physician after 24 visits. If specialists, diagnostics, etc. are needed in your case, this physician will be responsible for making the referrals. If you name your personal physician before your injury, you may see him or her for treatment in certain circumstances. Otherwise, your employer has the right to select the physician who will treat you for the first 30 days. You may be able to switch to a doctor of your choice after 30 days. Special rules apply if your employer offers a Health Care Organization (HCO) or has a medical provider network. You should receive information from your employer if you are covered by an HCO or MPN. Contact your employer for more information.

Treatment by your personal physician:

You may be treated by your personal physician if you notify your employer prior to your injury. A personal physician includes a medical group of licensed doctors of medicine or osteopathy. Please have your physician complete the attached form and return to your employer. The following requirements must be met:

1. You must have group health coverage from any source for non-industrial illnesses and injuries.
2. Your personal physician must agree in advance to treat you for any work injuries or illnesses
3. Your physician must be your regular physician and surgeon.
4. Your physician has previously directed your medical treatment and retains your records, including your medical history.

What happens if your employer disputes your injury?

State law requires employers to authorize medical care within one working day of receiving a DWC 1 claim form. Your employer may be liable for as much as $10,000 in medical care until your claim is accepted or denied.

Medical Provider Networks:

Your employer may be using a MPN, which is a selected network of health care providers to provide treatment to workers injured on the job. If your employer is using a MPN, a MPN notice should be posted next to this poster to explain how to use the MPN. You can request a copy of this notice by calling the MPN number below. If you have predesignated your personal physician prior to your work injury, then you may receive treatment from your predesignated doctor. If you have not predesignated and your employer is using a MPN, you are free to choose an appropriate provider from the MPN list after the first medical visit directed by the employer. If you are treating with a non-MPN doctor for an existing injury, you may be required to change to a doctor within the MPN. For more information see the MPN contact information below

Current MPN toll free number: 800-625-6588

MPN Website: www.coventrywcs.com

- Select Client Log In and Tools
- Select the radial button for FOCUS/Coventry Login (GeoAccess Channeling Tools)
- On the client ID screen key in:
  a. Sedgwickkaisercampn for the Sedgwick CMS
First Aid:

If you need first aid treatment, contact your employer. If
you have more than a simple first aid injury, you will need
to ask your employer for a claim form.

Temporary Disability (TD) Benefits:

You may be entitled to payments if you lose wages while
recovering. Your temporary disability rate is calculated by
multiplying your average weekly wage by two thirds. The
first 3 days of disability are not payable under California
law unless there is hospitalization at the time of injury or
the disability exceeds 14 days. If your physician returns
you to work on a modified basis, you may be entitled to
wage loss. This is generally calculated by multiplying the
difference between your average weekly wage and your
earnings during modified duties times two thirds. This is
subject to the benefit minimums and maximums set by the
California Legislature. Temporary disability benefits are
payable within 14 days of the date of injury or knowledge
of the injury. Subsequent payments are due every 14
days. For injuries occurring on or after 1/1/08, no more
than 104 weeks of temporary disability are payable within
5 years from the date of injury. For longer term conditions
(hepatitis B &C, amputations, severe burns, HIV, high
velocity eye injuries, chemical burns to the eyes,
pulmonary fibrosis, and chronic lung disease) no more
than 240 weeks within five years from the date of injury
are payable. You may be eligible for state disability
benefits from the Employment Development Department
(EDD) if TD benefits are stopped, delayed, or denied.
There are time limits so contact EDD for more information.

Permanent Disability (PD) Benefits:

You may be entitled to payments if your physician says
your injury has limited your ability to work. The permanent
disability rate is calculated by multiplying your average
weekly wage by two thirds, subject to statutory minimums
and maximums. The amount of permanent disability or
impairment may depend on your doctor’s opinion, as well
as your age, occupation type of injury and date of injury.
If you have permanent disability or your claims examiner
suspects you have permanent disability, a letter will be
sent to you explaining your benefits, including the estimate
or total value of permanent disability, weekly payment
amount, how the benefit was calculated, and all of your
related rights under the California Labor Code, including
your right to object to the report upon which the
determination is being based. Permanent Disability
benefits are payable within 14 days of the last payment of
temporary disability benefits or after you physician
indicates there is permanent disability. The benefit is
payable every fourteen days. Permanent Disability
benefits are not payable until your claim is finalized if your
employer offered a job upon termination of temporary
disability benefits.

Supplemental Job Displacement Benefit:

You may be entitled to a nontransferable voucher payable
to a state approved school. To qualify, your injury must
result in a permanent impairment and your employer is
unable to offer modified or alternative work within 60 days
of receipt of a report asserting that all medical conditions
have reached maximum medical improvement. If your
employer does not offer a modified or alternate job within
60 days of determination of maximum medical improvement,
you may chose to receive a nontransferable voucher to use at a state accredited school for education-
related retraining or skill replacement. If you qualify for
the supplemental job displacement benefit, your claims
examiner will provide a voucher for up to $6,000.00.

Return to Work Fund:

If your injury results in permanent impairment and it is
determined that the amount awarded is disproportionately
low in comparison to your loss of earnings, you may be
entitled to additional compensation. A fund was
established to supplement permanent impairment benefits
under specific circumstances. This fund is administered
by the Division of Workers Compensation. Your examiner
can assist in directing you to the correct resource to
determine eligibility.

Death Benefits:

Death benefits are paid to dependents of a worker who
dies from a work-related injury or illness. The benefit is
calculated and paid in the same manner as temporary
disability. This benefit is paid at a minimum rate of $224
per week. The death benefit rates are set by state law and
the amount depends upon the number of dependents. If
dependent minor children are involved, death benefits are
payable at least until the youngest child reaches majority

Current MPN Address:

Sedgwick CMS
10690 White Rock Road Suite 100
Rancho Cordova, CA 95670
MPN Effective Date: 04/01/2005

What if my employer has a Medical Provider Network?

Please see the attached Medical Provider Network Employee Notification.

What if my employer does not have a Medical Provider Network?

If your employer does not have a Medical Provider Network, you may be able to change your treating
physician to your personal chiropractor or acupuncturist
following a work-related injury or illness within 30 days of
reporting your injury. Chiropractors may not continue as
the primary treating physician after 24 visits. You may use
the attached Notice of Personal Chiropractor or Personal
Acupuncturist form to notify your employer of this change.

Emergency Medical Care:

If you need emergency care, call 911 for help immediately
from the hospital, ambulance, fire department or police
department.

First Aid:

If you need first aid treatment, contact your employer. If
you have more than a simple first aid injury, you will need
to ask your employer for a claim form.
Report Your Injury:

Report the injury immediately to your supervisor or to:

Employer representative: ________________________________

Phone number: ________________________________

Don’t delay. There are time limits. If you wait too long, you may lose your right to benefits. Your employer is required to provide you a claim form within one working day after learning about your injury. Within one working day after you file a claim form, your employer shall authorize the provision of all treatment, consistent with the applicable treating guidelines, for your alleged injury and shall be liable for up to ten thousand dollars ($10,000) in treatment until the claim is accepted or rejected. Until the date the claim is accepted or rejected, liability for medical treatment shall be limited to ten thousand dollars ($10,000). If your claim is denied, you have the right to appeal the decision within one year of the date of injury.

Discrimination:

It is illegal for your employer to punish or fire you for having a work injury or illness, for filing a claim, or testifying in another person’s workers’ compensation case. If proven, you may receive lost wages, job reinstatement, increased benefits, and costs and expenses up to limits set by the state.

Questions?

If you have questions, see your employer or the claims examiner who handles workers’ compensation claims for your employer.

Claims Administrator:

Sedgwick Claims Management Services, Inc.

Address: P.O. Box 14623

City: Lexington State: Kentucky Zip: 40512-4623

Phone: 866-247-2287 or 626-397-9200

The employer is insured for workers’ compensation by:

N/A – Self-Insured

How do I locate information regarding my employer’s current workers’ compensation carrier?

For information regarding your employer’s workers’ compensation carrier, please visit the below website.

https://www.caworkcompcoverage.com
PREDESIGNATION OF PERSONAL PHYSICIAN

In the event you sustain an injury or illness related to your employment, you may be treated for such injury or illness by your personal medical doctor (M.D.) or doctor of osteopathic medicine (D.O.) if:

You must have group health coverage for non-industrial injuries or illnesses from any source;

The doctor is your regular physician, who shall be either a physician who has limited his or her practice of medicine to general practice or who is a board-certified or board-eligible internist, pediatrician, obstetrician-gynecologist, or family practitioner, and has previously directed your medical treatment, and retains your medical records;

Your "personal physician" may be a medical group if it is a single corporation or partnership composed of licensed doctors of medicine or osteopathy, which operates an integrated multispecialty medical group providing comprehensive medical services predominantly for non-occupational illnesses and injuries;

Prior to the injury your doctor agrees to treat you for work injuries or illnesses;

Prior to the injury you provided your employer the following in writing: (1) notice that you want your personal doctor to treat you for a work-related injury or illness, and (2) your personal doctor's name and business address.

You may use this form to notify your employer if you wish to have your personal medical doctor or a doctor of osteopathic medicine treat you for a work-related injury or illness and the above requirements are met.

NOTICE OF PREDESIGNATION OF PERSONAL PHYSICIAN

Complete this section.

TO: Los Angeles Unified School District. If I have a work-related injury or illness, I choose to be treated by:

(name of doctor) (M.D., D.O.)

(street address, city, state, ZIP)

(telephone number)

Employee Name (please print): __________________________________________

Employee's Address: __________________________________________________

Employee’s Signature: ________________________________________________ Date: ______

Physician: I agree to this pre-designation:

Signature: _____________________________________________________________ Date: ______

(physician or designated employee of the physician)

The physician is not required to sign this form, however, if the physician or designated employee of the physician does not sign, other documentation of the physician’s agreement to be predesignated will be required pursuant to Title 8, California Code of Regulations, section 9780.1 (a)(3).

(This form must be maintained at the work location, in the employee’s personnel file)
MPN Employee Implementation Notification

"Unless you predesignate a physician or medical group, your new work injuries arising on or after 04/01/2005 will be treated by providers in the Sedgwick CMS MPN. If you have an existing injury, you may be required to change to a provider in the new MPN. Check with your claims adjuster. You may obtain more information about the MPN from the workers’ compensation poster or from your employer.”