

INJURED EMPLOYEE CHECKLIST



Report all injuries to supervisor

(Alabama, Georgia, Indiana, Iowa, Kansas, Missouri, North Carolina, Pennsylvania, South Carolina, Tennessee and Virginia allow your employer to either choose your physician or provide you with a list of approved physicians)



Obtain either a full-duty release or a completed Physician Statement of Physical Capabilities Form from the doctor (if released for light/modified duty)



If released to return to work, return on your next scheduled work day with either your full-duty release or the Physician Statement of Physical Capabilities Form



If not released to return to work, you must call your supervisor within one business day and provide:

- Physician's name, address and phone number
- Date of your next scheduled doctor appointment



Return Incident Report to your supervisor upon return or within 24 hours

Mitchell ScriptAdvisor

Workers' Compensation **FIRST FILL** – Temporary Prescription Card

Mitchell ScriptAdvisor has been selected by Encova Insurance to assist you in obtaining prescription drugs related to your workers' compensation claim. This form enables you to fill prescriptions written by your authorized workers' compensation physician for medications related to your injury. Simply **present it at the pharmacy** at the time your prescription is filled. This form should ensure that you will have NO out-of-pocket expenses when you fill your first prescription. Please Note: This is a temporary prescription card, you may receive a permanent drug card in the future.

For your convenience, Mitchell ScriptAdvisor has an extensive network of retail pharmacies including major chain drug stores. For pharmacy locations, you may call our toll-free number at 866.846.9279 or visit our website at www.mitchellscriptadvisor.com to access the pharmacy locator.



Employee

- You may contact Mitchell Customer Service at (866) 846-9279 or you may present this sheet to the pharmacist along with your prescription.



Pharmacy

- This sheet is a Temporary Prescription ID Card for a **10** Days' Supply Fill until this individual's permanent card can be provided.
- Create the ID number based off the criteria provided and write it, along with individual's name, on the ID card below.
- All data needed to process this script through the Script Care Adjudication System is included in the drug card represented below.

Mitchell ScriptAdvisor

Temporary Prescription Benefit Card



Attention Pharmacists: **Process through Script Care and Enter RxBIN, RxPCN and GROUP.**

Member Name:

Member ID #:

Date of Injury + Date of Birth (Example: MMDDYYMMDDYY)

Rx BIN: 019082

PCN: MPS

Group: MPS001536TC



Questions?

Contact us at 866.846.9279

This card is to be used for prescriptions related to your workers' compensation injury covered under the workers' compensation insurance policy. Use of this card does not waive any limitations or exclusions for the policy. This card does not confirm coverage. To confirm eligibility or obtain specific information, please contact the Help Desk with the information from the front of this card.



Mitchell International
866.221.6588

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TO: Any licensed physician, chiropractor, medical practitioner, hospital, clinic or other medical or medically related facility, insurance company or other organization, institution or person that has any records or knowledge of my health, history, condition or well-being.

In accordance with the Health Insurance Portability and Accountability Act of 1996 ("HIPAA") and other applicable federal and state privacy laws and regulations, I, _____, _____

hereby authorize the use or disclosure of my individually identifiable health information described below to _____, **P.O. Box 3151 Charleston, WV 25322.**
Company name

For purposes of this Authorization, individually identifiable health information shall mean: Any and all of my personal health information created, received or obtained, including any medical or dental records, x-ray or radiology films, pathology materials, MedFlight reports, insurance-related documents and benefit forms, or any other medically-related record or item that relates to my physical health or condition, the provision of health care to me, or the payment for my care, as the foregoing information relates to the assessment, treatment, or recordation of history related to any injury to me or any disease that affects me regardless of the time or cause of the onset of said injury or disease.

I understand that the information in my health record may include information relating to sexually transmitted disease, acquired immunodeficiency syndrome (AIDS), AIDS related complex (ARC), or human immunodeficiency virus (HIV). It may also include information about behavioral or mental health services, treatment for alcohol and drug abuse, psychological or psychiatric treatment, social services counseling, communicable diseases or infections, tuberculosis and hepatitis. Such records will be released through this authorization unless otherwise indicated. **Do not release any of the following information if an "x" appears before the description.**

HIV/AIDS

Behavioral health

Drug and alcohol

Genetic history

I further authorize Recipient to use, disclose or re-disclose any and all of my above-described health information and to make copies thereof for purposes of evaluating and administering an insurance claim I have filed with Recipient. I understand that my health information may be re-disclosed by Recipient and may then no longer be protected by any applicable federal or state privacy laws or regulations.

I understand that I may revoke this authorization at any time by sending a written notice of revocation to Recipient at the address listed above. I understand that my revocation will only be effective after it is received by Recipient and that the revocation will not apply to information that has already been released in response to this authorization.

This authorization shall expire on _____. If no date is specified, this authorization shall expire one year from the date it is signed. Any disclosures made prior to my revocation or prior to the expiration of this authorization will not be affected by my revocation or by the expiration of this authorization.

I understand and agree that a photocopy or electronically reproduced copy of the original of this authorization shall have the same effect as an original.

Signature of individual

Date

Social Security number

Date of birth

Signature of personal representative, estate representative or guardian.
(Provide documentation of authority to act for individual.)

* Denotes required field

Please note: The fields highlighted in grey are pre-populated in the online system.

Date of injury: *	Policy number:	Policy name:	Case # from OSHA Log (if applicable):
Filing date:	Claim type: * ☐ Incident ☐ Indemnity ☐ Medical only		Jurisdiction:

POLICY / DEMOGRAPHIC QUESTIONS	What is your name? *		What is your job title?		
	What is your telephone number? *	What is your fax number?	What is your email address?		
	Are you the contact for this claim? ☐ No ☐ Yes		If no, who should we contact for additional information?		
	What is the contact's phone number?		What is the contact's email?		
	Is this a Federal Longshore (USL&H) claim? ☐ No ☐ Yes		Are you reporting a fatality? ☐ No ☐ Yes	Date of death: *	
	Date of injury/date of last exposure: *		What is your policy number? *		
	What is the employee's ID type? *	☐ Employment Visa number ☐ Green Card number ☐ Passport number ☐ Social Security number		ID number: *	
	What is the employee's name?	First: *	MI:	Last: *	Suffix:
	What is the employee's mailing address? Street/P.O. Box: *				
	Zip: *	City: *	State: *	Country:	
	What is the employee's physical address? Street/P.O. Box:				
	Zip:	City:	State:	Country:	
What is the employee's primary telephone number?		What is the employee's alternate telephone number?			
What is the employee's regular work schedule?					

DEMOGRAPHIC / WAGE QUESTIONS	What is the employee's date of birth? *	Gender: * ☐ Male ☐ Female ☐ Unknown
	Marital status: * ☐ Married ☐ Single ☐ Divorced ☐ Widowed ☐ Separated ☐ Common law ☐ Unknown	
	What is the industrial code? *	What is the job title? *
	Description of employee's job and regular duties:	

What is the employee's hire date? *		What is the state of hire for this employee?	
Employment type: ☐ Full-Time ☐ Part-Time ☐ Volunteer		Is the employee: An officer? ☐ No ☐ Yes An owner/part owner? ☐ No ☐ Yes	
What is the hourly rate of pay for this employee?		What are the number of hours worked per week for this employee?	
What is the daily rate of pay for this employee?	How many hours per day did the employee work?	How many days per week did the employee work?	
Is there any additional wage information not included in the daily rate (i.e. commissions, etc.)?			
Is the employee continuing to receive full wages? ☐ No ☐ Yes			

What is the primary work location? *			
Name:			
Address: *			Country:
Zip: *	City: *		State: *
What is the reporting location?			
Did the accident occur on the employer's property? * ☐ No ☐ Yes			
If no, where did the accident occur? *		Address:	
Name: *			
Zip:	City:	State:	Country:
Was this the employee's regular department? ☐ No ☐ Yes		In what department did the accident occur?	
Was injury the result of a motor vehicle accident? ☐ No ☐ Yes		Was any equipment involved in the injury? ☐ No ☐ Yes If yes, what equipment?	
What was the employee doing just before the incident occurred?			
How did the accident occur? *			
What object or substance directly harmed the employee?			
Was safety equipment provided? ☐ No ☐ Yes		Was safety equipment used? ☐ No ☐ Yes	
If yes, what type?			
What was the injured body part(s)? *			
What is the body part location? * ☐ Bilateral ☐ Left ☐ Lower ☐ Middle ☐ Right ☐ Upper ☐ Not applicable			
What is the nature of the injury (sprain, strain, etc.)? *			
What was the cause of injury? *			
Are you aware of a previous injury to this body part? * ☐ No ☐ Yes If yes, please explain: *			
Do you have knowledge of pre-existing disability, industrial or non-industrial? ☐ No ☐ Yes If yes, please explain: *			
Are there outside activities or medical conditions that would affect this injury? ☐ No ☐ Yes If yes, please explain: *			

List all **others** involved in the accident with contact information:

1.	First name:		MI:	Last name:	
	Address:				
	Zip:	City:		State:	Country:
	Phone:				
2.	First name:		MI:	Last name:	
	Address:				
	Zip:	City:		State:	Country:
	Phone:				
3.	First name:		MI:	Last name:	
	Address:				
	Zip:	City:		State:	Country:
	Phone:				

List all **witnesses** to the accident (or enter "none"):

1.	First name:		MI:	Last name:	
	Address:				
	Zip:	City:		State:	Country:
	Phone:				
2.	First name:		MI:	Last name:	
	Address:				
	Zip:	City:		State:	Country:
	Phone:				
3.	First name:		MI:	Last name:	
	Address:				
	Zip:	City:		State:	Country:
	Phone:				

RETURN-TO-WORK QUESTIONS	What time did the employee begin work? * (Include a.m. or p.m.)		
	What time did the accident occur? * (Include a.m. or p.m.)		Who was notified of the accident?
	When did the injured worker notify the employer? * (Date)		Did the claimant stop work? ☐ No ☐ Yes
	What is the loss type? ☐ Incident only ☐ Indemnity ☐ Medical only ☐ Modified duty with no wage loss ☐ Modified duty with wage loss		
	What was the last date worked?		What time did the employee stop work? (Include a.m. or p.m.)
	Has the employee returned to work? ☐ No ☐ Yes		Date of return to work?
	Did/will the claimant return to full duty? ☐ No ☐ Yes		Do you have transitional/modified work available? ☐ No ☐ Yes
Number of hours per week?		Modified daily rate of pay?	

MEDICAL QUESTIONS	Was medical treatment provided? ☐ No ☐ Yes		Name of medical provider:	
	Medical facility/provider's address:			
	Zip:	City:	State:	Country:
	Was employee treated in an emergency room? ☐ No ☐ Yes		Was employee hospitalized overnight as an in-patient? ☐ No ☐ Yes	
	What was the method of transportation? ☐ Helicopter ☐ Ambulance ☐ Personal vehicle ☐ Other			
	Do you require your employees to be drug tested? ☐ No ☐ Yes		If yes, when was the employee last tested?	
	Was an incident report completed? * ☐ No ☐ Yes		Do you have any reason to question this injury? * ☐ No ☐ Yes	
Do you have any comments for the record?				

Claimant name	Claimant number	Date of injury
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Please complete this form after your examination of the patient. Indicate the patient's capabilities, including work hours, duties, environmental factors and any other information pertinent to this employee's recovery and early return to work.

Medical diagnosis					
Please indicate the extent to which the employee can perform the following work postures and work activities during the usual workday.					
Standing	☐ Constantly	☐ Frequently	☐ Occasionally	☐ Rarely	☐ Never
Sitting	☐ Constantly	☐ Frequently	☐ Occasionally	☐ Rarely	☐ Never
Walking	☐ Constantly	☐ Frequently	☐ Occasionally	☐ Rarely	☐ Never
Climbing	☐ Constantly	☐ Frequently	☐ Occasionally	☐ Rarely	☐ Never
Kneeling	☐ Constantly	☐ Frequently	☐ Occasionally	☐ Rarely	☐ Never
	>67% of workday	34% - 66% of workday	6% - 33% of workday	<5% of workday	0% of workday

Please indicate the extent to which the employee can perform the following:
(C - Constantly = greater than 67% F - Frequently = 34% to 66% O - Occasionally = 6% to 33% R - Rarely = Less than 5% N - Never = 0%)

Lifting/carrying	C	F	O	R	N	Pushing/pulling	C	F	O	R	N
5 lbs. or less						5 lbs. or less					
5-10 lbs.						5-10 lbs.					
11-20 lbs.						11-20 lbs.					
21-40 lbs.						21-40 lbs.					
41-60 lbs.						41-60 lbs.					
61-100 lbs.						61-100 lbs.					
100+ lbs.						100+ lbs.					
Activity						Driving					
Bend						Automatic drive					
Squat						Standard drive					
Twist/turn						Upper extremities					
Crawl						Simple grasping	☐ Right	☐ Left	☐ Right	☐ Left	
Reach above shoulder						Pushing/pulling	☐ Right	☐ Left	☐ Right	☐ Left	
Type/keyboard											
Joystick/ hand controls						Operate foot controls	☐ Right	☐ Left	☐ Right	☐ Left	
Vibration						Simultaneous	☐ Yes		☐ No		
Comments											

Physician name	Physician telephone
Date released with above restrictions	Date released for full-duty work
Projected date for MMI	Date and time of next appointment
Physician signature	Date



EMPLOYEE'S RIGHTS & DUTIES UNDER SECTION 306 (F.1) OF THE PENNSYLVANIA WORKERS' COMPENSATION ACT

If you are injured while at work and medical treatment is necessary, you are required to visit one of the physicians or health care providers on the list designated by your employer for a period of 90 days from your first visit with the physician or health care provider.

All reasonable medical treatment and supplies (e.g. medicines, prosthetics) related to the injury will be paid for by the employer provided treatment is by a designated physician or health care provider on the list during the 90-day period. Charges for treatment and supplies are specified by the ACT. You are not responsible for the payment of any charges in excess of those specified by the ACT.

During the 90-day period, you may change from one designated physician or health care provider on the list to another physician or health care provider on the list, and the treatment will be paid for by the employer.

If the designated physician or health care provider refers you to a non-designated provider, the employer will pay for the treatment by the non-designated provider.

You have the right to obtain emergency medical treatment from a non-designated physician or health care provider however, the subsequent non-emergency treatment must be by a designated physician or health care provider for the remainder of the 90-day period.

You may seek treatment or consultation from a non-designated physician or health care provider during the 90-day period however, you are responsible for the charges for this treatment during the 90-day period.

If the employer-designated physician or health care provider recommends invasive surgery, you are permitted to obtain a second opinion from a non-designated physician or health care provider. Your employer will pay for the cost for this opinion. If this opinion differs from the opinion of the designated physician or health care provider and provides a specific and detailed course of treatment, you may elect to undergo this treatment. The treatment however must be provided by a designated physician or health care provider for 90 days from the date of the visit to the non-designated physician.

You have the right to seek treatment from any physician or health care provider after the 90-day period has ended, and your employer will pay for this treatment provided it is reasonable and necessary.

You have the duty to notify your employer of treatment by a non-designated physician or health care provider within five days of your first visit to this physician or provider. Your employer may not be required to pay for treatment by a non-designated physician or health care provider prior to notification. The employer however shall pay for this treatment once notified unless the treatment is found to be unreasonable.

Signing this form is an acknowledgment of your rights and duties. You may not refuse to sign this acknowledgment in order to avoid your duties.

If you have any questions, please feel free to contact the Bureau of Workers' Compensation at 1-800-482-2383 or 1-717-783-5421.

I ACKNOWLEDGE THAT I HAVE BEEN INFORMED OF AND UNDERSTAND THE ABOVE RIGHTS AND DUTIES.

Employee name

Employee signature

Date

Supervisor name

Supervisor signature

Date

IF THE EMPLOYEE IS UNABLE OR REFUSED TO SIGN, IT IS ACKNOWLEDGED THAT THE EMPLOYEE WAS PROVIDED A COPY OF THIS DOCUMENT.

Supervisor name

Supervisor signature

Date



NOTICE: MEDICAL TREATMENT FOR YOUR WORK INJURY OR OCCUPATIONAL ILLNESS

Your employer has selected a list of six or more physicians and other health care providers who are available to treat your work-related injuries and illnesses during the first 90 days of treatment. This list is posted at _____ for you to view. Also, you may get a copy of this list from _____.

If you are injured at work or suffer an occupational illness, you have certain legal RIGHTS and DUTIES under Section 306(f.1)(1)(i) of the Workers' Compensation Act regarding your medical treatment. These rights and duties are summarized below.

MEDICAL TREATMENT: DURING THE FIRST 90 DAYS

- You have the RIGHT to receive reasonable and necessary medical treatment for your work injury or occupational illness. Your employer must pay for the treatment, as long as the treatment is by one of the listed providers.
- You have the RIGHT to choose which of the listed providers will treat you for your work injury or illness.
- You have the RIGHT to switch among any of the listed providers when you receive treatment; and if a listed provider refers you to a provider not on your employer's list, you have the RIGHT to receive treatment from the referral provider.
- You have the RIGHT to receive emergency medical treatment from any provider. However, non-emergency treatment must be given by a listed provider.
- If a listed provider prescribes surgery for you, you have the RIGHT to receive a second opinion from any provider of your choice. If that opinion is different from the opinion of the listed provider, you have the RIGHT to choose which course of treatment to follow. If you choose the treatment prescribed in the second opinion, you must receive the treatment from a listed provider for a period of 90 days after the date of your visit to the provider of the second opinion.
- You have the DUTY to visit one or more of the listed providers for the first 90 days of treatment for your work injury or illness if you expect your employer to pay for the medical treatment you receive.
- If you seek treatment for your work injury or illness from a provider who is not on the list, your employer may not have to pay for this medical treatment during this 90-day period. Therefore, you should talk to your employer before seeking treatment from a provider who is not on the list.

IMPORTANT: The requirements your employer must meet to have a valid list of at least six providers are shown on the reverse side of this form. If the list does not meet these requirements, it is not a valid list, and you have the right to seek medical treatment for your work injury or occupational illness from any health care provider of your choice.

MEDICAL TREATMENT: AFTER THE FIRST 90 DAYS

- You have the RIGHT to receive treatment from any physician or other health care provider of your choice, whether or not they are listed by your employer. Your employer must pay for this treatment, as long as it is reasonable and necessary for your work injury or occupational illness and has been properly documented by the physician or other health care provider.
- You have the DUTY to notify your employer if you receive treatment from a physician or other health care provider who is not listed by your employer. You must notify your employer within five days of the first visit to any provider who is not on your employer's list. The employer may not be required to pay for treatment received until you have given this notice.

Your signature on this form indicates that you have been informed of and you understand these rights and duties.
If you have questions, be sure you have your rights and duties explained to you before signing this form.

I HAVE BEEN INFORMED OF MY MEDICAL TREATMENT RIGHTS AND DUTIES WITH REGARD TO WORK-RELATED INJURIES AND OCCUPATIONAL ILLNESSES. THIS NOTICE WAS PRESENTED TO ME AT (check one):

☐ TIME OF HIRE ☐ WHEN I WAS INJURED ☐ OTHER

EMPLOYEE: _____ DATE: _____

EMPLOYER REPRESENTATIVE: _____ DATE: _____

(OVER)



Shippensburg Area School District

Your Workers' Compensation Insurance Carrier is:

Encova Insurance

PO Box 3151 Charleston, WV 25332

Phone: 1-866-452-7425

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 ensure that your medical treatment will be paid for by your employer or its insurance company, you must select from one of the following health care providers. You must continue to visit one of the providers listed below, if you need treatment, for ninety (90) days from the date of your first visit.
3. If one of the providers below 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. Therefore, in this situation, the employee may be required to treat with an employer designated provider for up to 180 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 listed below.

<u>Name</u>	<u>Address</u>	<u>Phone</u>	<u>Area of Specialty</u>
UPMC GoHealth Urgent Care (Multiple Locations)	1175 Walnut Bottom Road Carlisle, PA 17015	717-601-2190	Urgent Care/Occupational Medicine
WellSpan Urgent Care	1000 Norland Avenue Chambersburg, PA 17201	717-267-6363	Urgent Care / Walk-In Clinic
WellSpan Urgent Care (Multiple Locations)	601 East Main Street Level 1 Waynesboro, PA 17268	717-765-5088	Urgent Care
WellSpan Shippensburg Urgent Care	46 Walnut Bottom Road, Suite 100 Shippensburg, PA 17257	717-477-2764	Urgent Care
WellSpan Occupational Health	1610 Orchard Drive Chambersburg, PA 17201	717-261-0929	Occupational Medicine
Orthopedic Institute of Pennsylvania - OIP (Multiple Locations)	250 Alexander Spring Road Carlisle, PA 17015	717-761-5530	Orthopedics
UPMC Orthopaedic Care Shippensburg	127 Walnut Bottom Road Shippensburg, PA 17257	717-414-7798	Orthopedics
WellSpan Surgical Specialists (Multiple Locations)	120 North 7th Street, Suite 200 Chambersburg, PA 17201	717-217-6800	General Surgery
Penn State Health Neuroscience's Clinic	30 Hope Drive, Suite 1300 Hershey, PA 17033	717-531-3828	Neurology
Ludwick Eye Center (Multiple Locations)	825 Fifth Avenue, Suite 102 Chambersburg, PA 17201	717-262-9700	Ophthalmology

CONVENIENT NETWORK LOCATIONS LISTED BELOW

PCS PT Network	Call Toll Free for Closest Location	1-888-594-4001	Physical Therapy
PCS Diagnostic Network	Call Toll Free for Closest Location	1-888-594-4001	Diagnostic Testing
Mitchell ScriptAdvisor	Call Toll Free for Closest Location	1-866-846-9279	Pharmacy
Rising Medical Solutions	Call Toll Free	1-877-249-7473	DME

Panel Date: 7/9/2026