

Checklist for injured employees

The following steps will help you recover and resume normal activities including going back to work.

- Go to all your medical appointments.
- Follow your doctor's instructions carefully.
- Talk to your doctor about continuing to work, even if you have some restrictions.

- Make sure you completely understand what you can and cannot do while you are recovering.

You and your doctor

Get the following information from your employer and give it to your doctor.

- Employers' name, telephone number and address where you work;
- Name of your employers Workers' Compensation Insurance Carrier and policy number; and
- Name and telephone number of the adjuster handling your claim.

You and your employer

- Keep your employer informed about your recovery and current abilities.
- Talk to your employer about continuing to work while you are healing.

Getting back to work

- Help your employer determine what work you could continue to do while you are healing.
- Keep checking with your employer to see if work within your doctor's instructions becomes available.

Texas Department of Insurance Division of Workers' Compensation Field Office Locations

1(800) 252-7031

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|----------------|----------------|
| Abilene | (325) 695-4992 |
| Amarillo | (806) 351-1222 |
| Austin | (512) 933-1899 |
| Beaumont | (409) 899-5589 |
| Bryan | (979) 268-6766 |
| Corpus Christi | (361) 883-2551 |
| Dallas | (214) 350-9299 |
| Denton | (940) 380-1400 |
| El Paso | (915) 834-7000 |
| Fort Worth | (817) 446-4488 |
| Houston (East) | (713) 924-2200 |
| Houston (West) | (281) 260-3035 |
| Laredo | (956) 718-2040 |
| Lubbock | (806) 744-4569 |
| Lufkin | (936) 639-6425 |
| Midland | (432) 699-1281 |
| Missouri City | (281) 403-7050 |
| San Angelo | (325) 657-0404 |
| San Antonio | (210) 593-0070 |
| Tyler | (903) 534-6250 |
| Victoria | (361) 576-9612 |
| Waco | (254) 755-7011 |
| Weslaco | (956) 447-4416 |
| Wichita Falls | (940) 767-2691 |



How Do I Find a Doctor to Treat My Workers' Compensation Injury or Illness?



Texas Department of Insurance
Division of Workers' Compensation
Austin, Texas



HCP08-001B (2-09)



Am I covered by workers' compensation insurance?

If you have been injured on the job or have a work related illness, you may need to seek medical care. Unless it's an emergency, you must first talk to your employer to determine if they have workers' compensation insurance and if you are covered. If your employer has workers' compensation insurance, their insurance company may pay for your medical treatment and if your injury or illness prevents you from working they may replace a portion of your lost wages. Once you determine that you are covered by workers' compensation insurance, be sure to get the name of the insurance company, and the policy number. You will need to give this information to the doctor's office treating your injury. You will also need to provide your doctor with the complete name and address of your employer and the address and telephone number where you work.

Finding a doctor

If your employer provides workers' compensation medical care through a certified workers' compensation health care network, you must select a treating doctor from the network's approved provider list. The insurance company is required to provide your employer with a contact list of participating treating doctors. Ask your employer for the list so that you can select a treating doctor. The treating doctor will supervise your treatment and be your liaison with any other providers in the network. If your employer does not provide care through a network, there are several ways to find a doctor to treat your injury or illness:



1. Talk to your primary care provider and ask if they treat workers' compensation patients.

Your family doctor may be able to treat you. If not, ask your doctor to help you find a doctor to treat your injury. Ask your doctors' office staff, then family and friends about doctors who treat workers' compensation patients.

2. Use your local telephone directory

Many doctors list workers' compensation services in their advertisements. Not all doctors treat workers' compensation injuries. When calling a doctor for an appointment, ask whether the doctor accepts workers' compensation patients and be sure to ask if the doctor is accepting new workers' compensation patients.

3. Additional Information

- Only doctors licensed to practice in Texas may treat workers' compensation injuries and illnesses.
- If you are receiving care in another state, the doctor must be licensed in that state.
- A list of some doctors who may be willing to treat a workers' compensation injury can be found at the following link:

<http://www.tdi.state.tx.us/wc/hcprovider/locatedoctor.html>

- A list of doctors who are not allowed to treat workers' compensation patients in Texas can be found at:

<http://www.tdi.state.tx.us/wc/hcprovider/denied.html>

<http://www.tdi.state.tx.us/wc/hcprovider/removed.html>

Changing your doctor

In some cases you may be able to change your treating doctor.

If your employer provides care through a certified workers' compensation health care network, and you are not satisfied with your treating doctor, you may select an alternate doctor from the network's list of treating doctors. You must notify the network and the network may not deny your request. However, if you are not satisfied with the alternate doctor, you may be required to obtain network approval for any subsequent change of treating doctor.

If you are not covered by a certified workers' compensation network, the Texas Department of Insurance, Division of Workers' Compensation (TDI-DWC) must first approve your request to change treating doctor. To request a change of treating doctor, use Form DWC-53. You may also contact your local TDI-DWC field office listed on the back of this brochure.

