

# CONTRA COSTA COUNTY SCHOOLS INSURANCE GROUP WORKERS' COMPENSATION MEDICAL PANELS

## ORINDA UNION SCHOOL DISTRICT

8 Altarinda Road, Orinda, CA 94563

Call your W/C Coordinator/Contact Person at (925) 254-4901 ext. 112

### WHAT TO DO IF YOU ARE INJURED AT WORK:

If you experience a workplace injury, notify your Supervisor IMMEDIATELY!

In the case of non-life threatening injuries, a phone call will be placed by you, and/or your Supervisor, to the Company Nurse hotline at (888) 375-9779 and give Code "CSIG". A Registered Nurse will gather information about your injury and make appropriate medical care recommendations.

If Company Nurse determines that your workplace injury requires medical care, you must be seen by one of the medical providers listed on this panel.

UNLESS, prior to the injury, a Pre-Designated Personal Physical form is on record



### KAISER PARK SHADELANDS OCCUPATIONAL HEALTH

320 Lennon Lane, Lassen Bldg.  
Walnut Creek, CA 94598  
(925) 906-2060

### KAISER OCCUPATIONAL HEALTH – Until 5:00 PM

1425 S. Main Street  
Walnut Creek, CA 94596  
(925) 295-6466

### MUIR/DIABLO OCCUPATIONAL MEDICINE

2231 Galaxy Court      1981 N. Broadway, Suite 190  
Concord, CA 94520      Walnut Creek, CA 94596  
(925) 685-7744      (925) 932-7715

### JOHN MUIR MEDICAL CENTER

#### Emergencies or After Hours Only

1601 Ygnacio Valley Road  
Walnut Creek, CA 94598  
(925) 939-3000

### KAISER MEDICAL CENTER

#### Emergencies or After 5:00 PM

1425 South Main Street  
Walnut Creek, CA 94596  
(925) 295-5100

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For additional information on work related injuries visit the Contra Costa County Schools Insurance Group website at [www.cccsig.org](http://www.cccsig.org) or contact the District WC Coordinator at the number above.

CONTRA COSTA COUNTY SCHOOLS INSURANCE GROUP

550 Ellinwood Way, Pleasant Hill, CA 94523 ~ Phone: 1 (866) 922-2744 Fax: (925) 692-1137