

Workers' Compensation Benefits

How to Predesignate Your Physician

Predesignate Your Personal Physician: ASDCE recommends that you predesignate your personal physician before a job related injury so that you can go directly to your personal Medical Doctor (M.D.), Doctor of Osteopathic Medicine (D.O.) or Medical Group and continue treating with that Doctor instead of being forced to go to the occupational medical clinic.

Without Predesignating Your Physician, the County will refer you to their occupational medical clinic, US Health Works and control your care for the first 30 days after your injury. After that, you can go to any doctor, or a chiropractor too. If you refuse to go to the employer's clinic and go to your own doctor, you will not be entitled to receive workers' compensation benefits during the first 30 days.

Predesignate Your Physician Prior to Injury! If you elect to predesignate your Doctor this must be done prior to the injury. If you change physicians, complete and sign a new form, have your new physician sign it and send it in again.

1. Fill out, complete and sign a **Predesignation of Personal Physician Form DWC Form 9783**. Then, get your personal physician to sign it.
2. Forms are available on the County's Intranet Website, DHR Risk Management, Workers Compensation and at **www.ASDCE.ORG**
3. ASDCE recommends that you send the completed and signed form as soon as possible by **County Mail or USPS Mail or by FAX to:**

County of San Diego
Department of Human Resources
Risk Management Attn: Worker's Comp.
5530 Overland Avenue, Suite 210
San Diego, CA 92123

Mail Stop O226

Fax: (619) 236-8485

Email: DHR_WCOMP.FGG@sdcounty.ca.gov

IMPORTANT: After sending in the form, call Risk Management to confirm they received it, and that your doctor is on file as your predesignated physician !