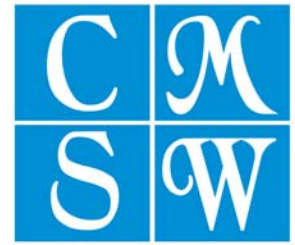


Patient's Corner

March '09



Visit us on the web

www.cmswpc.net

Email us at: c4cmsw@aol.com



Happy St. Patrick's Day!!!

Inside this Issue:

New Moves	1
Prevention	2
FYI	2
Money Talks	3
The System	4
Calendar	4
Message from Dr. Hearn	4

New Location:

Reminding you of our New Jamaica Office!!!



89-44 162nd Street
Jamaica, NY 11432
Tel: 718-626-4444
Fax: 718-626-3044

Between
89th Ave & Jamaica Ave

Directions:

Driving:

Take the Grand Central Parkway to Exit 16 Parsons Blvd/164th Street.

By Train:

Take the E, J or Z train to Jamaica Center/Parsons/Archer Station.

By Bus:

Take the Q54 to Jamaica Avenue & Guy R. Brewer Blvd. Take the Q34/Q65 to Parsons Blvd & 89th Ave.

The new Jamaica location will be fully equipped with a Physical Therapy Department and five examination rooms. Physical therapy will transfer from the Forest Hills location to Jamaica. All Astoria doctor's visits will transfer to Jamaica.

The space is undergoing the final stages of construction. We anticipate be completely up and running by late March – early April. If you have not done so already, please provide us with your email addresses so that we may provide you with the most current information regarding these changes.

All patients will be notified prior to their appointments.

Let CMSW know if you need representation for your WC, NF, PI, SSD, Disability Retirement, and other cases. We will refer you to a knowledgeable law firm that specializes in your particular case(s). It is very important to have legal representation when issues arise that affect your rights and benefits.

PREVENTION

Foot Health

Tips to Treat your Feet !!!

Problems with your feet can be the first sign of more serious health conditions such as diabetes, arthritis, circulatory disorders and nerve disorders. Taking better care of your feet should be one of your main concerns since it may prevent future problems. Keep in mind that disease, poor circulation, wearing

shoes that don't fit properly and improperly trimmed toenails can also cause foot problems.

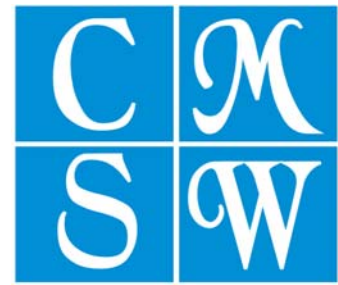
It helps to keep blood circulating to your feet as often as possible. To increase blood circulation to your feet you can do a number of things such as walking, having a foot massage

and warm foot bath. Even more, you can put your feet up while sitting or lying down and stretching your feet if you have to sit for long periods of time.



Secret Spa Tip.

For a great treat (for your feet) include ½ cup of baking soda to your warm water and enjoy the sensation.



“Quality Healthcare with Compassion”

Services

- Disability Retirement
- Short Term Disability
- Long Term Disability
- Fitness for Duty Evaluation
- Social Security Disability
- Functional Capacity Forms
- Narrative Reports
- Primary Care Services
- Alcohol & Substance Abuse Evaluations
- Pre-Employment Physical Examinations
- All Medical Conditions can be referred to our Network Consultants

FYI

Big Brother is watching...

Inconsistency takes it toll on your behavior.

You may have heard the stories, watched the news, or even experienced it first hand. Being watched, that is... The insurance carriers are cracking down on people with disabilities whose behavior is inconsistent with what they are telling the world.

Our very own Dr. Hearns has been sent video recordings of actual

patients who were performing activities outside of their limitations. This footage holds up in court and you may be faced with fraud charges.

So how does this affect you? Your behavior is clear cut confirmation after all medical documentation and objective evidence is

submitted to the carrier that you are disabled.

If your behavior is inconsistent with what you are conveying on paper, you are in big trouble!!!



With 6 Convenient Locations

NEW!!! Jamaica

Forest Hills

Bronx

Brooklyn

White Plains

Nassau County

We're on the web:

www.cmswpc.net



March is:

National Nutrition Month
American Red Cross Month

Mental Retardation Awareness Month

Foot Health Month



MONEY TALKS

Don't break the bank!!!

How to save money for the future.

Saving for the future is about making a commitment and sticking with it. Setting goals is helpful when it comes to savings because it will motivate you. If you know what you are saving for you are more likely to stick with a savings plan. By setting goals you can visualize the end product of your efforts.

Another important step in saving for the future

is creating a separate savings account. When the checking and savings accounts are separate from each other there is less probability of going into that account and touching that money. Even more, having to separate accounts helps you manage the inflow and outflow of your money.

Budgets are also important when it comes to your future savings. The main

purpose of a budget is to help you track your expenditures. A budget will exist to let you see how where money should be allocated. In an effort to increase the savings portion of your budget you should designate a percentage of income to go to your savings. Save today to enjoy the fruits of your labor in the future.



1. Set short-term and long-term financial goals
2. Set a separate savings account from your checking account
3. Set up a monthly budget

THE SYSTEM

Workers Compensation forms.

About those new C-4's...

In this month's Patient's Corner we would like to inform you about the new C4's and what they mean.

The C-4 is the medical provider's method of communicating with the WCB, Attys and Ins. Carriers. By separating the forms by category, the WCB is able to streamline the

processing of these forms.

The new C4's consist of:

C-4.0
Doctor's Initial Report

C-4.2
Doctor's Progress Report

C-4.3
Doctor's Report of MMI/Permanent Impairment

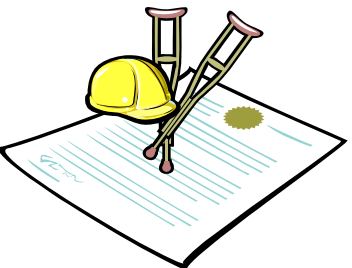
C-4 AUTH
Attending Doctor's request for Auth. and Carrier's

Response

EC-4NARR

The WCB provides health care providers with this electronically submitted form to help avoid setbacks in the processing of medical reports.




The New York State Workers' Comp. Board changed the C-4's to strengthen the entire Workers Compensation System for all parties



involved. With the new C-4's more information can be collected and available. It is also going to reduce the number of disputed cases, which will allow benefits to flow faster to the injured worker. This emphasis on information accelerates the pace of all cases and produces fewer delays.

CALENDAR

MARCH 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Daylight Savings	9	10  Purim	11	12	13	14
15	16	17  St. Patrick's Day	18	19	20  Spring Begins	21
22	23	24	25	26	27	28
29	30	31				

A message from Dr. Hearn:

Hope you enjoyed our new layout of Patient's Corner. Remember, at CMSW we care for the whole person. In these difficult financial times, it is important that we all learn about money and maintaining our lifestyle. Be sure to visit us in Jamaica...

Michael Hearn, M.D., M.Sc.

If you would like to contribute your story to Patient's Corner, write to:
Central Medical Services of Westrock
 30-51 36th Street, Astoria, NY 11103
 or email c4cmsw@aol.com Tel: 718-626-4444