



Richmond/Chesterfield	
Concentra (Innsbrook) 9900 W Broad Street, Suite C Glen Allen, Virginia 23060 (804) 358-4286	Michael Dawson, M.D.
Concentra (South) 9211 Burge Avenue Richmond, Virginia 23237 (804) 275-7200	Richard Conyers, M.D.
Glenside Medical Associates, P.C. 4000 Glenside Drive, Suite A Richmond, Virginia 23228 (804) 262-4763	John White, M.D. Stephen Ashe, M.D. Kevin Powers, M.D. Glenn Mizrach, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Roanoke	
Carilion Clinic Occupational Health 101 Elm Avenue Roanoke, Virginia 24013 (540) 985-8521	Hetzal Hartley, M.D.
Valley Occupational Medicine, P.C. 512 McDowell Avenue NE Roanoke, Virginia 24016 (540) 362-9620	Darrell F. Powledge, M.D. Louis Joseph Castern, M.D. Maria Janeta Francisco Jornaes, M.D.
Express Family Care 3960 Valley Gateway Boulevard, Suite A-1 Roanoke, Virginia 24012 (540) 400-6676	David B. Alligood, M.D. Scott J. Crosby, M.D. Scott Hayes, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Williamsburg	
Dr. Roxanne Dietzler 732 Thimble Shoals Boulevard, Suite 102 Newport News, Virginia 23606 (757) 599-3623	Roxanne Dietzler, D.O.
M.D. Express Urgent Care 120 Monticello Avenue Williamsburg, Virginia 23185 (757) 564-3627	Chan Park, M.D. Deborah Morton, M.D. Eric Obie, M.D.
M.D. Express Urgent Care 4740 George Washington Memorial Highway Yorktown, Virginia 23693 (757) 890-6339	Michael Renforth, M.D. Michael Rogowski, M.D. Olu Gisanrin, M.D. Su Chung Weber, M.D.
Newtown Urgent Care/Occupational Medicine Clinic 4374 New Town Avenue, Suite 100 Williamsburg, Virginia 23188 (757) 259-6757	Clarice Mousallie, M.D. Jennifer Dean, M.D. Michael Levine, M.D. Peter Sim, M.D. William Cummings, M.D.
Patient First Denbigh 611 Denbigh Boulevard Newport News, Virginia 23608 (757) 283-8300	Eddie Smith, M.D. Ernest Goins, M.D. Malek Issac, M.D. Mary Yuengert, M.D.
Tidewater Physicians Multispecialty Group 307 Cook Road Yorktown, Virginia 23690 (757) 877-4221	Ann Marie Defiglio, M.D. Carl Linderman, M.D. Hawes Campbell, M.D. John Bryant, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



South Hill	
Southside Medical Management 514 West Atlantic Street South Hill, Virginia 23970 (434) 447-2836	David Powers, M.D. Graham Powers III, M.D. Michael Reynolds, M.D. Lisa York, M.D.
Sentara Chase City Family Medicine 946 N. Main Street Chase City, Virginia 23924 (434) 372-5141	Randall Suslick, M.D. Aura Urquia-Robles, D.O.
Clarksville Primary Care Center 61 Burlington Drive Clarksville, Virginia 23927 (434) 374-2773	Kirk Hasenmueller, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Virginia Beach	
I & O Medical Center 1290 Diamond Springs Road Virginia Beach, Virginia 23455 (757) 460-0700	Michael Baddar, M.D.
First Colonial Family Practice, Inc. 1120 First Colonial Road, Suite 100 Virginia Beach, Virginia 23454 (757) 481-2333	Jeffrey Charlton, M.D.
Patient First 332 Newtown Road Virginia Beach, Virginia 23462 (757) 473-8400	Donald T. Cashion, M.D.
NowCare Medical Center 6632 Indian River Road, Suite 103 Virginia Beach, Virginia 23464 (757) 424-4300	Michael Webb, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Hampton	
I & O Medical Center 593 Aberdeen Road Hampton, Virginia, 23661 (757) 825-1100	Michael Baddar M.D.
Patient First Urgent Care 2304 West Mercury Blvd. Hampton, Virginia, 23666 (757) 951-1579	Maulin Desai, M.D.
Tidewater Orthopedics 901 Enterprise Parkway, Suite 900 Hampton, Virginia 23666 (757) 827-2480	Robert Campolattaro, M.D. Colin M. Kingston, M.D. Jonathan Mason, M.D. Paul Maloof, M.D. Michael Higgins, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Portsmouth	
Virginia Orthopaedic & Spine Specialist 3300 High Street Suffolk, Virginia, 23707 (757) 673-5680	Steven Blasdell, M.D. Andrew Caines, M.D. Ernesto Luciano-Perez, M.D. Aaron Marlow, M.D.
Persons Orthopaedic Sports Medicine & Joint Replacement Center 1005 Commercial Lane, suite 210 Suffolk, Virginia, 23434 (757) 538-1776	Jeffrey Persons, M.D. (specializes in shoulder, hip, knee, hand, or foot injuries)
I & O Medical Center 1290 Diamond Springs Road Virginia Beach, Virginia 23455 (757) 460-0700	Michael Baddar, M.D.
Patient First 332 Newtown Road Virginia Beach, Virginia 23462 (757) 473-8400	Donald T. Cashion, M.D.
NowCare Physicians 6632 Indian River Road Virginia Beach, Virginia 23464 (757) 424-4300	Michael Webb, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Fredericksburg	
Primary & Urgent Care 4510 Plank Road, Suite 200 Fredericksburg, VA 22407 (540) 785-9900	Nather Ansari, M.D.
Orthopedic Clinic of Central Virginia 1201 Sam Perry Blvd., Suite 201 Fredericksburg, VA 22401 (504) 370-1600	John Biddulph, M.D.
Central Virginia Orthopaedics and Sports Medicine 501 Park Hill Road Fredericksburg, VA 22401 (540) 372-6745	Nicholas Harding, M.D.
Rappahannock Family Physicians 120 Executive Center Parkway Fredericksburg, VA 22401 (540)-374-5200	Wilson Cook, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Verona	
Augusta Health Family Practice 1 Green Hills Dr. Verona, Virginia, 24482 (540) 245-7425	Ngoc Le, D.O. Katy Lopez, M.D.
MedExpress 1209 Richmond Avenue Staunton, Virginia, 24401 (540) 885-0629	Christopher Sutton, M.D.
Shenandoah Valley Orthopedics & Sports Medicine 70 Medical Circle, Suite 110 Fishersville, Virginia, 22939 (540) 932-5850	Thomas Pereles, M.D. Jack Otteni, M.D. Ramon Esteban, M.D. Brian Dean, M.D. Ryan Rieser, M.D.
Hess Orthopedics 4165 Quarles Court Harrisonburg, Virginia 22801 (540) 434-1664	Robert Kime III, M.D. James Lovelace, M.D. James Schwartz, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Marion	
Wythe Family Care Center 245 Holston Road Suite B Wytheville, Virginia 24382 (276) 227-0460	Scotty G. Dove, D.O.
Wellmont Urgent Care 24530 Falcon Place Boulevard Suite 100 Abingdon, Virginia 24211 (276) 619-0075	Dane Lee, M.D. Brian Enriquez, M.D.
Mountain States Medical Group Orthopedics 1616 North Main Street Suite 100A Marion, Virginia 24354 (276) 783-9752	Todd Hannula, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Alexandria	
Patient First – Alexandria 6311 Richmond Highway Alexandria, Virginia 22306 (703) 647-6087	Mark Aaron Paster, M.D. Tamara Nariman Mamedova, M.D.
Alexandria VA Urgent Care 7609 Richmond Highway Alexandria, Virginia 22306 (703) 822-4940	Kenneth DeSandies, M.D.
Concentra Urgent Care 5590 General Washington Drive Alexandria, Virginia 22312 (703) 914-6718	Sam Marco, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Danville	
Spectrum Medical 109 Bridge Street Danville, VA, 24541 434-793-4711	James Treadwell, D.O. Jonathan Krome, M.D. Joseph Campbell, M.D. J. Adam Dailey, M.D. John Mahoney M.D.
Danville Internal Medicine 125 Watson Street Danville, Virginia, 24541 434-797-5711	Daniel Pomposini, M.D.
Piedmont Family & Occupational Medicine 219 Park Road Danville, Virginia, 24540 434-791-7366	Daniel Addis, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Bristol	
Wellmont Urgent Care 24530 Falcon Place Boulevard Suite 100 Abingdon, VA, 24211 (276) 619-0075	Brian Enriquez, D.O. Roger Galloway, M.D. Sanjeev Kakkar, M.D. Dane Lee, M.D.
Holston Medical Group 105 W. Stone Dr. Kingsport, TN, 37660 (423) 245-0166	Samuel D. Breeding, M.D.
Appalachian Orthopaedic Associates Bristol Medical Center Office 1 Medical Park Blvd Suite 300 E Bristol, TN, 37620-7458 (423)-844-6450	T. Lisle Whitman, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Bristol	
Medworks Occupational Medicine 24530 Falcon Place Boulevard Abingdon, Virginia 24211 (276) 628-1654	
Appalachian First Aid 17342 Singing Wood Lane Bristol, VA 24202 (276) 739-9963	
Twin City Medical Center 2195 Euclid Avenue #6 Bristol, Virginia 24201 (276) 669-5179	

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Ashland	
BetterMed 300 N. Washington Hwy Ashland, Virginia, 23005 (804)-537-2905	Mark Rausch, M.D. Paulo Gazoni, M.D. Tanvir Dara, M.D. Alvaro Zeballos, M.D. Shawn Borich, M.D.
Patient First – Woodman 2300 E. Parham Road Richmond, Virginia (804)-264-7808	Andrew Kolb, D.O.
Concentra (Innsbrook) 9900 W Broad Street, Suite C Glen Allen, Virginia 23060 (804) 358-4286	Michael Dawson, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Chesapeake	
I & O Medical Center 838-A Old George Washington Highway North Chesapeake, Virginia 23323 (757) 487-9600	Michael Baddar, M.D.
Virginia Orthopaedic & Spine Specialist 3300 High Street Suffolk, Virginia, 23707 (757) 673-5680	Steven Blasdell, M.D. Andrew Caines, M.D. Ernesto Luciano-Perez, M.D. Aaron Marlow, M.D.
Persons Orthopaedic Sports Medicine & Joint Replacement Center 1005 Commercial Lane, suite 210 Suffolk, Virginia, 23434 (757) 538-1776	Jeffrey Persons, M.D.
NowCare Physicians 6632 Indian River Road Virginia Beach, Virginia 23464 (757) 424-4300	Michael Webb, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Chesapeake

NowCare-Volvo 725 Volvo Parkway Chesapeake, VA 23320 P: 757-842-4100	Mary Bland, M.D. Anthony Cetrone, M.D. Erika Mansfield, M.D. Michael, Webb, M.D. Diana Wolan, M.D.
Mt. Pleasant Urgent Care & Family Practice, Inc. 1464 Mt. Pleasant Road, Suite 13 Chesapeake, VA 23322 P: 757-410-4580	Lyubov Shur-Allen, M.D. Charles W. Marks, M.D.
Patient First-Battlefield 705 N. Battlefield Boulevard Chesapeake, VA 23320 P: 757-547-0688	Olga Elliott, M.D. Van Nguyen, M.D. Jim Hall, M.D. Gregory Pierce, M.D. W. Kent Schuele, M.D. Jeffrey Smith, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Falls Church

Patient First Urgent Care-Fairfax 10100 Fairfax Boulevard Fairfax, VA 22030 P: 703-679-1876	Minh Tran, D.O. Sheeba Mahnaz, M.D.
Fairfax Urgent Care & Healthplex 8191 Strawberry Lane, Suite 6 <u>Falls Church, VA 22042</u> P: 703-493-0404	Kiren Dayal, M.D.
Medics, USA 6288-B Arlington Boulevard Falls Church, VA 22044 P: 703-229-0660	Khodaidad Basharmal, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Saltville

Family Care of Chilhowie 403 Chilhowie Street Chilhowie, Virginia 24319 P: 276-646-3241 Hours: M-F 9am – 5pm	Gerard Murphy, M.D.
Family Physicians of Marion 1020 Terrace Drive, Suite 200 Marion, Virginia 24354 P: 276-783-7167 Hours: M-F 7am – 6pm	Robert V. Clampitt, M.D.
Saltville Medical Center 308 West Main Street Saltville, Virginia 24370 P: 276-496-4433 Hours: M-F 8:30am – 7pm Sat. 8am – 6pm	Pamela Somerville, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Newport News

Patient First Urgent Care-Denbigh 611 Denbigh Boulevard Newport News, VA 23608 P: 757-283-8300	Phi Lam, M.D. Jessica Brawley, M.D.
M.D. Express Urgent Care 12997 Warwick Boulevard Newport News, VA 23602 P: 757-369-9446	Bruce Maulbetsch, M.D. Peter Minneci, M.D. Elizabeth Cochran-Ward, M.D.
Hampton Roads Urgent Care 730 Thimble Shoals Boulevard Suite 100 Newport News, VA 23606 P: 757-223-5700	N. Michael Baddar, M.D. Dan A. Naumann, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Sterling

Patient First Urgent Care-Sterling 47100 Community Plaza Suite 100 Sterling, VA 20164 P: 703-880-1403	Amardeep Athwal, M.D. Khurram Ali, M.D. Michael Kim, M.D. Edward Lewis, M.D.
Loudon Medical Group – Primary and Immediate Care Center 46440 Benedict Drive, Suite 107 Sterling, VA 20164 P: 703-450-1125	Jeffrey Martin, M.D. Ralph Leon, M.D. Judith Greco, M.D.
Inova Primary Care-Sterling 21036 Triple Seven Road Sterling, VA 20165 P: 703-430-9510	Holger Noelle, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Ruckersville

Sentara Greene Family Medicine 140 Stoneridge Drive South, Suite 100 Ruckersville, VA 22968 P: 434-654-1850	Brooke Bostic, M.D. Hannah Rice, M.D. Marsha Taylor, M.D.
Sentara Martha Jefferson Outpatient Care Center at Proffit Road 3263 Proffit Road Charlottesville, VA 22911 P: 434-654-4650	Tiffani Dennis, M.D.
MedExpress-Pantops Urgent Care Center 260 Pantops Center Charlottesville, VA 22911 P: 434-244-3027	Craig Seto, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Yorktown

Tidewater Physicians Multispecialty Group 307 Cook Road Yorktown, VA 23690 P: 757-877-4221	Ann Marie Defiglio, M.D. Carl Linderman, M.D. Hawes Campbell, M.D. John Bryant, M.D.
M.D. Express Urgent Care 4740 George Washington Memorial Highway Yorktown, VA 23693 P: 757-890-6339	Michael Renforth, M.D. Michael Rogowski, M.D. Olu Gisanrin, M.D. Su Chung Weber, M.D.
Newtown Urgent Care/Occupational Medicine Clinic 4374 New Town Avenue, Suite 100 Williamsburg, VA 23188 P: 757-259-6757	Clarice Mousallie, M.D. Jennifer Dean, M.D. Michael Levine, M.D. Peter Sim, M.D. William Cummings, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Henrico

BetterMed Urgent Care 5215 W. Broad Street Richmond, VA 23230 P: 804-554-5688	Mark Rausch, M.D. Paul Gazoni, M.D. Tanvir Dara, M.D. Alvaro Zeballos, M.D. Shawn Borich, M.D.
Concentra (Innsbrook) 9900 W. Broad Street, Suite C Glen Allen, VA 23060 P: 804-358-4286	Michael Dawson, M.D.
Glenside Medical Associates, P.C. 4000 Glenside Drive, Suite A Richmond, VA 23228 P: 804-262-4763	John White, M.D. Stephen Ashe, M.D. Kevin Powers, M.D. Glenn Mizrach, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Fairfax

McLean Immediate Care 1340 Old Chain Bridge Road, Suite 101 McLean, VA 22101 P: 703-893-2273	Monique Rivzi, M.D, Nomi Shaoool, M.D. Sean Duffy, D.O. Jun Quion, M.D.
Inova Urgent Care-Tysons 8357 East Leesburg Pike Vienna, VA 22182 P: 571-665-6440	Maria Akhtar, M.D. John Edward Liljestrand, M.D. Afshin Javan, M.D.
Inova Medical Group- Mclean 6845 Elm Street, Suite 710 McLean, VA 22101 P: 703-848-8500	Roma Akosua Edoosowah, M.D. Anna Zamskaya, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Woodbridge

Allcare-Woodbridge 4167 Merchant Plaza Woodbridge, VA 22192 P: 703-878-8800	George Sedraykan, M.D. Ezra Morgan, M.D. Priya Murthy, M.D.
Patient First-Lake Ridge 2199 Old Bridge Road Lake Ridge, VA 22192 P: 703-357-9707	Starina Jose, M.D. Olevia Metry, M.D. Karla Owen, M.D. Mark Paster, M.D.
US Primary and Urgent Care 1346 Old Bridge Road Woodbridge, VA 22192 P: 703-490-0000	Ahmad Ziaie, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Norfolk

Fort Norfolk Urgent Care 301 Riverview Avenue, Suite 502 Norfolk, VA 23510 P: 757-333-0284	Dr. Nicole Donaldson
NowCare-Norfolk 7924 Chesapeake Blvd. Norfolk, VA 23518 P: 757-587-1700	Mary M. Bland, M.D. Elizabeth Magno, M.D. David F. Waller, M.D. Michael Webb, M.D.
Patient First-Newtown Road 332 Newtown Road Virginia Beach, VA 23462 P: 757-473-8400	Reza Bagherpour, M.D. W. Kent Schuele, M.D. Randy Sendow, M.D. Olga Elliott, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Midlothian

AFC-American Family Care 12731 Stone Village Way Midlothian, VA 23113 P: 804-409-0870	Andrea Hall, M.D. Russell Johnson, M.D.
Better Med 6100 Harbourside Centre Loop Midlothian, VA 23112 P: 804-639-7555	Mark Rausch, M.D. Paulo Gazoni, M.D. Tanvir Dara, M.D. Alvaro Zeballos, M.D. Shawn Borich, M.D.
Patient First- Genito 11020 Hull Street Road Midlothian, VA 23112 P: 804-744-6310	Damian Covington, M.D. Anna George, M.D. Michael Gitomirski, M.D. Jill Goldman, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Beaverdam

PACS Urgent Care 11073 Colonel Armistead Drive Suite 105 Ruther Glen, VA 22546 P: 804-220-6043	Marygrace Hajec, M.D. Walid Hammad, M.D. Khaled Said, M.D.
Concentra (Innsbrook) 9900 W. Broad Street, Suite C Glen Allen, VA 23060 P: 804-358-4286	Michael Dawson, M.D.
PrimeCare 9763 Courthouse Road Spotsylvania, VA 22553 P: 540-786-1200	Clifton A. Sheets, M.D. Karl H. Lagally, D.O.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Abingdon / Chilhowie

Medworks Occupational Health- Abingdon 24530 Falcon Place Blvd. Suite 200 Abingdon, VA 24211 P: 276-628-1654	Marilyn Bishop, M.D.
HMG Urgent Care at Sapling Grove 240 Medical Park Blvd., Suite 1700 Bristol, TN 37620 P: 423-990-2466	John Kliesch, M.D. Robert Greer, M.D. Polly Billups, M.D.
Mid-Atlantic Quick Care 5261 Carrollton Pike Woodlawn, VA 24381 P: 276-238-0911	Jeffrey Garland, M.D. Bradley Goad, D.O.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Lynchburg

Centra Urgent Care-Forest 16890 Forest Road Forest, VA 24551 P: 434-200-7210	Walter Beverly, M.D. Daniel Breland, M.D. Cesar Caballero, M.D.
CVFP Medical Group 1175 Corporate Park Drive Forest, VA 24551 P: 434-525-6964	Jarrett Dodd, M.D. Thomas Eppes, M.D. Leah Hinkle, M.D.
Appomattox Medical Center 181 Old Courthouse Road Appomattox, VA 24522 P: 434-352-3003	Larry Smith, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Aldie/Centreville

Inova Urgent Care - Centreville 6201 Centreville Rd., Ste 200 Centreville, VA 20121 P: 703.830.5600	All Physicians
Patient First 3918 Centreville Rd. Chantilly, VA 20151 P: 703.657.6925	Telina Williams-Stuckey, D.O. All Physicians
CareNow Urgent Care - Centreville 4995 Westone Plaza Chantilly, VA 20151 P: 571.441.3980	All Physicians

My MD Selection is _____

Claimant's Name (please print): _____

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Date: _____



Culpeper

CULPEPER MEDICAL CLINIC & WALK-IN 451 James Madison Highway, #104 Culpeper, Virginia 22701 P: (540) 727 - 8880	Dr. V. Veerapalli, M.D. Kristopher Inman, NP. Victor Cisneros, NP.
Wellspring Health Services 15237 Creativity Drive Culpeper, Virginia 22701 P: (540) 321 - 4281	Thomas E. Achter, MSN, FNP Bernadette M. Focazio, AHNP Ekram G. Guirguis, MD Anna T. McCarry, FNP-C Juan Munoz – Gonzalez, MD Sarah Russell, FNP Stacey L. Ratigan, FNP-C
MedExpress Urgent Care 1420 South Main Street Culpeper, Virginia 22701 P: (540) 825 - 2202	Ken Ramey, PA Amy Mcelroy, MD

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Bedford

Centra Medical Group – Bedford 1613 Oakwood Street, #201 Bedford, VA 24523 (540) 586-7273	Keith Metzler, MD Benjamin Ernst, MD William Weddle, MD
Bedford Family Urgent Care 1368 American Way Bedford, VA 24523 (540) 587 – 8612	Diane Rowell, MD
Centra Urgent Care-Forest 16890 Forest Road Forest, VA 24551 P: 434-200-7210	Walter Beverly, M.D. Daniel Breland, M.D. Cesar Caballero, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Blacksburg

VelocityCare – Christiansburg 434 Peppers Ferry Road, NW Christiansburg, Virginia 24073 540-382-6000	
MedExpress Urgent Care 100 Spradlin Farm Drive Christiansburg, VA 24073 (540) 381-2745	
VelocityCare – Blacksburg 215 Gilbert Street Blacksburg, VA 24060 (540) 961-8040	

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

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Saluda

Velocity Urgent Care 5659 Parkway Drive Suite 100 Gloucester, VA 23061 Phone: 804-381-4361 Hours: Monday – Friday 8AM-8PM Saturday and Sunday: 9AM-4PM Closed Thanksgiving and Christmas Day	Colleen Nauman, FNP-C Heather Poe, FNP-C
M.D. Express Urgent Care – Gloucester 6567 George Washington Memorial Hwy Gloucester, VA 23061 Phone: 804-824-9962 Hours: 9 am to 9 pm, 7 days a week	Walk In
*Bon Secours Hartfield Medical Center 9891 General Puller Hwy Hartfield, VA 23071 Phone: 807-776-9221 Monday – Friday 7AM – 7PM *Requires claim information from carrier at time of visit	Brigitte Wolf-Small, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Franklin

Patient First-Battlefield 705 N. Battlefield Boulevard Chesapeake, VA 23320 P: 757-547-0688	
MedExpress – Franklin, VA Urgent Care Center 1330 Armory Drive Franklin, VA 23851 P: 757-562-3204	
Lakeview Medical Center – Franklin 1301 Armory Drive Franklin, VA 23851 P: 757-562-0085 F: 757-516-8242	

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Norton, Virginia Area	
Occumed Health Center 1418 Park Avenue NW Norton, Virginia 24273 T: 276-439-1440	Dr. Kevin Blackwell, DO
Southwest Virginia Outpatient Center 295 Wharton Lane NE Norton, Virginia 24273 T: 276-679-0321	Dr. Kyle Ward, DO
Ballard Medical Associates 323 Cloverleaf Square, Suite 1 Big Stone Gap, Virginia 24219 T: 276-523-6715	Dr. Erich Ernspiker, M.D.

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Chincoteague Island, VA	
Chincoteague Island Community Health Center 4049 Main Street Chincoteague Island, VA 23336Phone: 757-336-3682	Website: https://www.esrh.org/locations/chincoteague-island-chc/
Your Docs In – Urgent Care 1511 Ocean Highway Pocomoke, MD 21851 Phone: (877) 222-4934	Website: https://www.yourdocsin.com/pocomoke-md/
Riverside Shore Memorial Hospital – Emergency Department 20480 Market Street Onancock, VA 23417 P: 757-302-2100	Website: https://www.riversideonline.com/shore

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Cedar Bluff	
Clinch Valley Health 6801 Gov. G. C. Peery Hwy Richlands, VA 24641\276.964.1281	Cortney Farmer, DO
Clinch Valley Physicians 1100 Cedar Valley Drive Cedar Bluff, VA 24609 276.964.6771	Amrita Dhillon, MD
Ultra Health 13401 Gov. G. C. Peery Hwy Pounding Mill, VA 24637 276.385.1183	Nicholas Harman, DO (or NP)

My MD Selection is _____

Claimant's Name (please print):_____

Claimant's signature: _____

Date: _____



Emporia	
Patient First - Colonial Heights Patient First, PATIENT FIRST PHYSICIANS GROUP PC 1260 TEMPLE AVE Colonial Heights, VA 23834 (804) 518-2597	Tuckahoe Orthopaedic Associates 1501 Maple Ave #200-203 Richmond, VA 23226 (804) 285-2300
Health Care Plus QUEST DIAGNOSTICS INC 436 CLAIRMONT CT Colonial Heights, VA 23834 (804) 526-2121	OrthoVirginia Henrico Parham 7650 East Parham Road, Suite 100 Richmond, VA 23294 (804) 915-1910
Concentra Urgent Care 9211 BURGE AVE NORTH CHESTERFIELD, VA 23237 (804) 275-7200	VCU Medical Center Main Hospital 1250 E Marshall St. Richmond, VA 23219 (804) 828-9000

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____



Waverly	
Patient First - Colonial Heights Patient First, PATIENT FIRST PHYSICIANS GROUP PC 1260 TEMPLE AVE Colonial Heights, VA 23834 (804) 518-2597	Tidewater Orthopaedics 901 Enterprise Pkwy., Ste 900 Hampton, VA 23666 (757) 827-2480
Velocity Urgent Care 4374 NEW TOWN AVE Williamsburg, VA 23188 (757) 772-6124	Atlantic Orthopaedic Specialist - Norfolk 6160 Kempsville Cir STE 200B, Norfolk, VA 23502 (757) 321-3300
MEDEXPRESS URGENT CARE - MIDLOTHIAN MIDLOTHIAN TPKE 11603 MIDLOTHIAN TPKE Midlothian, VA 23113 (804) 378-3739	Sports Medicine and Orthopaedic Center & The Spine Center (SMOC) 501 Discovery Dr. Chesapeake, VA 23320 (757) 547-5145

My MD Selection is _____

Claimant's Name (please print): _____

Claimant's signature: _____

Date: _____