

# RED FLYER FOR EMPLOYEES – DIRECT CONTACTS FOR CONRAIL MEDICAL DEPT CASE COORDINATORS

*MEDICAL CASES ARE ASSIGNED BY THE FIRST LETTERS OF AN EMPLOYEE'S LAST NAME*

## FOR ANSWERS TO QUESTIONS ABOUT OFF-DUTY ILLNESSES OR OFF-DUTY INJURIES

- RETURN-TO-WORK PROCESS
- DISABILITY/SICKNESS BENEFIT FORM COMPLETION

## AND FOR HELP WITH QUESTIONS ABOUT

- PHYSICAL EXAMINATIONS OR HEALTH QUESTIONNAIRES
- “REPORTABLE” MEDICAL CONDITIONS / EVENTS

## YOUR CASE COORDINATOR'S DIRECT CONTACT INFORMATION IS:

**A-Cr** Phone: 757-629-2448  
Fax: 757-668-1368

**Cs-He** Phone: 757-629-2055  
Fax: 757-823-5771

**Hf-Me** Phone: 757-629-2439  
Fax: 757-823-5994

**Mf-Sg** Phone: 757-664-5005  
Fax: 757-668-1369

**Sh-Z** Phone: 757-629-2438  
Fax: 757-823-5772

**Best way to send records:**

**Fax or email your records directly to your case coordinator (call your case coordinator for his/her direct email address).**

**Alternate ways:**

**Email to [medicalrecords@nscorp.com](mailto:medicalrecords@nscorp.com)**

**Fax to 866-627-0592 or**

**Mail to Conrail Medical Department.**

## FOR ANSWERS TO QUESTIONS ABOUT WORK RELATED ILLNESSES OR ON-DUTY INJURIES

- RETURN-TO-WORK PROCESS
- DISABILITY/SICKNESS BENEFIT FORM COMPLETION

## YOUR CASE COORDINATOR'S DIRECT CONTACT INFORMATION IS:

**A-Z** Phone: 757-629-2440  
Fax: 678-512-5071

## FOR VOCATIONAL REHABILITATION QUESTIONS, YOUR CASE COORDINATOR'S DIRECT CONTACT INFORMATION IS:

**A-Z** Phone: 757-664-5047  
Fax: 757-823-5981

## YOUR MEDICAL RESOURCES

**Available on [www.conrail.com](http://www.conrail.com) website:**

**Look under “Employee Information”**

- Medical Condition and Medication Guidance
- Educational resources about medication
- Return-to-Work Checklist
- Return-to-Work Information Sheet
- Medical fax cover sheet
- Health Questionnaire (non-medical absence  $\geq 1$  yr)
- and more...

**Available on ERC:**

**Click on *Employee Self Service* tab, then on *Medical Information***

- All of the above resources, and...
- Red Flyer for Employees
- Resources Summary Chart for Employees
- Physical Exam Checklists (for T&E / CDL driver)

**Conrail Medical Department**

**Phone 800-552-2306**

**Three Commercial Place**

**Norfolk, VA 23510-9202**

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