

Online Appendix 1. Description of treatment components for each intervention arm

		Government-regulated guideline n=115	Preferred-provider insurance-based rehabilitation n=113	General practitioner education and activation n=112
1-6 weeks	Maximum Number of Visits			
	During first 3 weeks (weeks 1-3)	10	9	2
	During subsequent 3 weeks (weeks 4-6)	9	8	
	Treatment Components			
	Educational brochure	✓	✓	✓
	Reassurance	✓	✓	✓
	Advice to stay active/resume activities	✓	✓	✓
	Standardized home exercises	✓	✓	✓
	Prescribed pain relief medication			✓*
	Clinic-based exercises and functional activities	✓*	✓*	
	Mobilization or manipulation	✓*	✓*	
	Pain management techniques (e.g., recommending massage therapy)	✓*	✓*	✓*
	Administrative Forms			
	Base set of forms	✓	✓	✓
	Treatment plan form	✓	✓	
Additional forms [†]	✓			
7-9 weeks (if participant has not recovered)	Multidisciplinary evaluation		✓	✓
	Extension of care (if requested)	✓		
9-13 weeks (if participant has not recovered)	Interdisciplinary rehabilitation		✓*	✓*

*offered at the discretion of the provider

[†]these are additional insurance forms pertaining to treatment invoice, treatment confirmation, treatment extension request and discharge report

Online Appendix 2. Baseline data collected prior to randomization

Sociodemographics: age, sex, marital status, education, income, employment status, and number of dependents.

Post-injury symptoms: location of injury, loss of consciousness, memory loss and disorientation/confusion. We also measured the average pain intensity (from 11 anatomical locations) in the past 24 hours with the Numerical Rating Scale (Wevers and Lowe 1990; Jensen et al., 1986).

Collision-related variables: sitting position in the car, number of passengers in the car, head rest position, seat belt use, direction of impact, whether the car was stopped or not at time of impact and whether the car was drivable after the collision.

Lawyer involvement: whether the participant had consulted a lawyer about the insurance claim.

Expectation of recovery: we asked participants whether they thought their injuries would get better soon, slowly or never get better. Participants also had the option to report that they did not know what to expect regarding recovery.

Pre-injury comorbidities: The presence of comorbidities and their self-reported global impact on health were measured with the Comorbidity Questionnaire. The questionnaire includes questions about allergies, arthritis, blood problems, breathing problems, cancer, diabetes, digestive disorders, genitourinary problems, heart/circulation problems and headaches. The self-reported global impact of each comorbidity on one's health is reported on a four point ordinal scale as: 1) not at all, 2) mild, 3) moderate and 4) severe. The questionnaire has been shown to have good test-retest reliability (intraclass correlation coefficient [ICC]=0.93) and adequate face, concurrent, and convergent validity (Vermulen, 2006).

Pre-injury health care and claim history: chiropractic and physiotherapy care in the previous three months, personal injury claim in the past two years.

Pain coping: Pain coping was measured with the Vanderbilt Pain Management Inventory (VPMI). This 11-item Likert-type scale asks participants to report how often they use particular coping strategies when in pain (Brown and Nicassio,1987; Brown and Nicassio,1989). The questionnaire yields two independently scored subscales reflecting types of pain coping strategies, labeled by the questionnaire developers as “passive” and “active.” The VPMI is valid and reliable. (Brown and Nicassio,1987; Brown and Nicassio,1989; Mercado et al., 2000; Smith et al., 1995; Snow-Turek et al., 1996). “Active” coping refers to use of coping strategies that involve attempts to control the pain or to function in spite of the pain, and the subscale includes strategies such as engaging in physical exercise or physical therapy and staying busy or active. Scores from this 5-item subscale range from 5 to 25. “Passive” coping refers to coping strategies that involve withdrawing from activities due to pain or relying on others for pain management, and includes items such as restricting or canceling social activities due to pain and wishing for better pain medication. Scores on that 11-item subscale range from 6 to 30.

Online Appendix 3. Variables measured at baseline and follow-up interviews

Measures	Baseline	6 Weeks	3 Months	6 Months	9 Months	12 Months
Accident information	x					
Past history of neck pain and whiplash	x					
Numerical rating scale						
Neck pain*†	x	x	x	x	x	x
Mid-back pain†	x	x	x	x	x	x
Low back pain†	x	x	x	x	x	x
Headache pain†	x	x	x	x	x	x
Arm pain†	x	x	x	x	x	x
Shoulder pain†	x	x	x	x	x	x
Hand pain	x					
Face pain	x					
Leg pain	x					
Foot pain	x					
Abdomen/chest/groin pain	x					
Health care after accident	x					
Comorbidity questionnaire	x					
Acute 36-item short-form health survey	x	x	x	x	x	x
Work status	x	x	x	x	x	x
Expectation of recovery	x	x	x	x	x	x
Whiplash Disability Questionnaire†	x	x	x	x	x	x
Center for Epidemiological Studies-depression scale (CES-D)	x	x	x	x	x	x
Vanderbilt pain management inventory	x	x		x		
Health state question*†	x	x	x	x	x	x
Socio-demographic characteristics	x					
Whether a lawyer or paralegal is involved in the claim#	x	x	x	x	x	x
Global perceived recovery question*†	x	x	x	x	x	x
Co-interventions†		x	x	x	x	x

*Questions asked in the 3-question abbreviated follow-up interview;

†Questions asked in the semi-abbreviated follow-up interview

Online Appendix 4. Associated Addendum Tables to Figure 1 (CONSORT Diagram)

Table A4.1. Reasons for Telephone Refusals³ (n=626)		
Already receiving other care	n=159	25.4%
No response to trial coordinator after initial referral by insurance company*	n=110	17.6%
No time to participate	n=90	14.4%
Clinic location is too far	n=76	12.1%
Not comfortable with randomization	n=47	7.5%
No reason given	n=42	6.7%
Not interested	n=22	3.5%
Clinic hours do not fit with insurance claimant's schedule	n=20	3.2%
Treatment not needed	n=18	2.9%
Legal involvement in the claim	n=17	2.7%
Other care	n=13	2.1%
Want immediate care	n=12	1.9%

*direct telephone transfers not always possible based on hour of day and the coordinator's schedule

Table A4.2. Eligibility Criteria Not Met at the Telephone Screening Stage⁴ (n=300)		
Not currently suffering from neck or upper back pain	n=141	48.3%
An insurance claim for physical injury & study enrolment was completed greater than 21 days after the traffic collision	n=52	18.2%
The claimant is not 18 years of age or older	n=27	9.3%
Not able to give written informed consent and complete interviews in English	n=16	5.3%
Did not report an average neck pain since the accident of at least 3 on a 0-10 "Numerical Rating Scale" (NRS)	n=14	4.7%
Active systemic diseases (cancer, inflammatory arthritis, disorders of central nervous system)	n=11	3.7%

No claim filed for injury	n=11	3.7%
Fracture/dislocation of the spine or any major bone	n=8	2.7%
Past whiplash or work-related neck injury within the year prior to their current injury	n=7	2.3%
Head trauma associated with loss of consciousness	n=5	1.7%
Previous neck surgery	n=4	1.3%
Individuals who do not reside or work in the Greater Toronto, Mississauga, Burlington, Cambridge or Kitchener, Ajax or Pickering catchment areas.	n=2	0.7%
Received treatment from a physiotherapist or chiropractor for neck pain in the three months preceding the motor vehicle collision	n=2	0.7%

Table A4.3. Reasons for In-Person Refusals⁵ (n=23)		
Already receiving other care	n=6	26.1%
Clinic location is too far	n=5	21.7%
Not comfortable with randomization	n=3	13.0%
No response after requesting time to consider participation and leaving clinic	n=2	8.7%
Clinic hours do not fit with claimant's schedule	n=1	4.4%
No time to participate	n=1	4.4%
Not interested	n=1	4.4%
Treatment not needed	n=1	4.4%
Other reasons	n=3	13.0%

Table A4.4. In-Person Eligibility Criteria Not Met⁶ (n=59)		
Did not report an average neck pain since the accident of at least 3 on a 0-10 "Numerical Rating Scale" (NRS) (n=59)	n=24	40.7%
Head trauma associated with loss of consciousness	n=12	20.3%

Received treatment from a physiotherapist or chiropractor for neck pain in the three months preceding the motor vehicle collision	n=5	8.5%
Not diagnosed with Grade I or Grade II WAD	n=4	6.8%
Past whiplash or work-related neck injury within the year prior to their current injury	n=4	6.8%
Active systemic diseases (cancer, inflammatory arthritis, disorders of central nervous system)	n=3	5.1%
Not able to give written informed consent and complete interviews in English (translators were available to assist the participant if she/he experienced difficulty understanding specific items on the questionnaire).	n=3	5.1%
Fracture/dislocation of the spine or any major bone	n=1	1.7%
Previous neck surgery	n=1	1.7%
Individuals who do not reside or work in the Greater Toronto, Mississauga, Burlington, Cambridge or Kitchener areas.	n=1	1.7%
An insurance claim for physical injury & study enrolment was done within 21 days of the traffic collision	n=1	1.7%

Online Appendix 5. Testing of baseline characteristics that differed between groups to assess whether they changed either of the regression coefficients by 10% or more

	Regression Coefficient	Change in Regression Coefficient*
Unadjusted		
GP education and activation	-0.34083	<10%
PP insurance-based rehabilitation	-0.16445	<10%
Adjusted for employment		
GP education and activation	-0.34310	<10%
PP insurance-based rehabilitation	-0.16335	<10%
Adjusted for hypertension		
GP education and activation	-0.32198	<10%
PP insurance-based rehabilitation	-0.15809	<10%
Adjusted for SF-36 Physical Component Score		
GP education and activation	-0.31233	<10%
PP insurance-based rehabilitation	-0.15118	<10%
Adjusted for active coping		
GP education and activation	-0.32091	<10%
PP insurance-based rehabilitation	-0.17266	<10%
Adjusted for expectation of recovery		
GP education and activation	-0.32264	<10%
PP insurance-based rehabilitation	-0.14402	≥10%

*Variables that changed either of the regression coefficients by 10% or more were adjusted for in the primary analysis

GP – general practitioner; PP – preferred provider; SF-36 – Short Form 36 Health Survey

Online Appendix 6. Self-reported co-interventions at 6-week follow-up (n=222)

Co-Intervention between baseline and 6 weeks follow-up	Government-regulated guideline (%)	Preferred-provider insurance-based rehabilitation (%)	General practitioner education and activation (%)
Followed up at 6 weeks (n=222)	n=80	n=73	n=69
Chiropractor	2.5 (0.7;8.7)	9.6 (4.7;18.5)	11.6 (6.0;21.2)
Physiotherapist	3.8 (1.3;10.5)	6.9 (4.7;18.5)	14.5 (8.1;24.7)
Massage therapist	13.8 (7.9;23.0)	17.8 (10.7;28.1)	17.4 (10.2;28.0)
Medical specialist (e.g. surgeon, neurologist, rheumatologist, psychiatrist)	5.0 (2.0;12.2)	4.1 (1.4;11.4)	7.3 (3.1;15.9)
Acupuncture, naturopath, homeopath, Chinese medicine practitioner or alternative medical practitioner	3.8 (1.3;10.5)	2.7 (0.8;9.5)	11.6 (6.0;21.2)
Psychologist or counsellor	2.5 (0.7;8.7)	1.4 (0.2;7.4)	1.5 (0.3;7.8)
Other health care provider	1.3 (0.2;6.8)	1.4 (0.2;7.4)	1.5 (0.3;7.8)

Online Appendix 7. Comparison of participants' characteristics stratified by follow-up status (A participant is included as being followed-up if she/he provided primary outcome data)

Variable ^s	No follow-up n=27*	At least one follow-up n=313*	p-value
Treatment Group: % (95% CI)			
Government-regulated guideline	48.2 (28.0; 68.3)	32.6 (27.4; 37.8)	0.16‡
Preferred-provider insurance-based rehabilitation	18.5 (2.9; 34.2)	34.5 (29.2; 39.8)	
General practitioner education and activation	8.04 (14.3; 52.3)	32.8 (27.7; 38.1)	
<i>Sociodemographic Variables:</i>			
Female: % (95% CI)	74.1 (57.2;91.0)	66.8 (61.5;72.0)	0.44‡
Age: mean (95% CI)	37.6 (33.2;42.1)	40.8 (39.3;42.2)	0.24 ^λ
Marital Status: % (95% CI)			0.52‡
Married/Common Law	51.9 (32.6;71.1)	54.3 (48.8;59.9)	
Single/Never Married	37.0 (18.4;55.7)	28.1 (23.1;33.1)	
Separated/Divorced/Widowed	11.1 (0;23.2)	17.6 (13.3;21.8)	
Educational Level: % (95% CI)			0.54‡
High school or less	18.5 (3.5;33.5)	20.8(16.2;25.3)	
Some postsecondary/technical school	55.6 (36.4;74.7)	44.7(39.2;50.3)	
University graduate	25.9 (9.0;42.8)	34.5(29.2;39.8)	
Income Level: % (95% CI)			0.35‡
≤\$49,000	56.5 (35.7;77.3)	49.0 (43.4;54.6)	
\$50,000-79,999	34.8 (14.8;54.8)	29.6 (24.4;34.7)	
≥\$80,000	8.7 (0;20.5)	21.4 (16.8;26.0)	
Employed: % (95% CI)	88.9 (76.8;100)	83.7 (79.6;87.8)	0.48‡
Dependents: Median (IQR)	1 (2.0)	1 (2.0)	0.14 [#]
<i>Legal/Insurance Variables:</i>			
Arguing with insurer: % (95% CI)	3.7 (0;11.0)	6.5 (3.7;9.2)	0.32†
Lawyer involvement: % (95% CI)	14.8(1.1;28.5)	5.1 (2.7;7.6)	0.05†
<i>Collision Variables:</i>			
Days since accident: mean (95% CI)	7.6 (5.0;10.2)	6.9 (6.3;7.4)	0.47 ^λ
Car stopped: % (95% CI)	40.7 (21.8;59.7)	45.5 (39.9;51.1)	0.64‡
Position in car: % (95% CI)			0.07†
Driver	88.9 (76.8;100)	91.0 (87.8;94.2)	
Front seat passenger	11.1 (0.0;23.2)	5.8 (3.2;8.4)	
Back seat passenger	0.0	2.2 (0.6;3.9)	
Cyclist	0.0	1.0 (0.0;2.0)	

Variable ^s	No follow-up n=27*	At least one follow-up n=313*	p-value
Direction of impact: % (95% CI)			
Front	22.2 (6.2;38.3)	22.1 (17.5;26.7)	<0.05†
Rear	40.7 (21.8;59.7)	47.8 (42.2;53.3)	
Driver side	7.4 (0.0;17.5)	11.9 (8.3;15.5)	
Passenger side	22.2 (6.2;38.3)	10.3 (6.9;13.6)	
Other	7.4 (0.0;17.5)	8.0 (5.0;11.0)	
Car drivable post-collision : % (95% CI)	56.0 (36.1;75.9)	43.9 (38.3;49.5)	0.24‡
Seat belt fastened, % (95% CI)	100.0	98.7 (97.4;100)	1.00†
Head rest: % (95% CI)	100.0	97.7 (96.0;99.4)	1.00†
Number of occupants in vehicle, median (IQR)	1.0(1.0)	1.0(1.0)	0.37 [#]
Previous personal injury claim in past 2 years: % (95% CI)	7.4 (0.0;17.5)	5.8 (3.2;8.3)	1.00†
Number of personal claims in past 2 years: median (IQR)	1.5 (1.0)	1.0(0.0)	1.0(0.0)
Chiropractic care in past 3 months: % (95% CI)	0.0	5.5 (2.9;8.0)	0.38†
Physical therapy in past 3 months: % (95% CI)	3.7 (0.0;11.0)	4.2 (1.9;6.4)	1.00†
<i>Current Injuries:</i>			
Body part injured: % (95% CI)			
Neck	100.0	100.0	100.0
Low back	55.6 (36.4;74.7)	65.7 (60.4;71.0)**	0.29‡
Arms(s)	44.4 (25.3;63.6)	43.1 (37.6;48.6)	0.90‡
Face	7.4 (0.0;17.5)	11.5 (7.9;15.1)	0.75†
Leg(s)	44.4 (25.3;63.6)	31.3 (26.1;36.5)	0.16‡
Foot/feet	14.8 (1.1;28.5)	12.1 (8.5;15.8)	0.76†
Abdomen/chest/groin	44.4 (25.3;63.6)	32.9 (27.7;38.1)	0.22‡
Shoulder(s)	85.2 (71.5;98.9)	81.8 (77.5;86.1)	0.80†
Mid back	77.8 (61.7;93.8)	72.2 (67.2;77.2)	0.53‡
Head	59.3 (40.3;78.2)	49.5 (44.0;55.1)	0.33‡
Hand(s)	40.7 (21.8;59.7)	25.6 (20.7;30.4)	0.09‡
Average pain in past 24 hours: median (IQR)			
Neck	7.0 (4.0)	6.0 (3.0)	0.24 [#]
Shoulder	6.0 (4.0)	5.0 (4.0)	0.76 [#]
Low back	3.0 (8.0)	5.0 (7.0)	0.55 [#]
Headache	5.0 (7.0)	4.0 (7.0)	0.39 [#]
Arm	0.0 (4.0)	0.0 (5.0)	0.90 [#]
Hand	0.0 (3.0)	0.0 (1.0)	0.67 [#]
Face	0.0 (0.0)	0.0 (0.0)	0.71 [#]
Leg	0.0 (5.0)	0.0 (3.0)	0.77 [#]
Foot	0.0 (0.0)	0.0 (0.0)	0.80 [#]

Variable ^s	No follow-up n=27*	At least one follow-up n=313*	p-value
Mid-back	4.0 (5.0)	5.0 (7.0)	0.75 [#]
Abdomen/chest/groin	0.0 (5.0)	0.0 (2.0)	0.10 [#]
Loss of consciousness immediately post-collision: % (95% CI)	0.0	0.33 (0;1.0)	1.00 [†]
Loss of memory immediately post-collision,% (95% CI)	12.0 (0.0;25.0)	9.0 (5.8;12.3)	0.72 [†]
Disorientation/confusion immediately post-collision: % (95% CI)	44.4 (25.3;63.6)	39.9 (34.4;45.5)	0.65 [‡]
<i>Healthcare received:</i>			
Hospital or emergency care immediately post-collision: %(95% CI)	18.5 (3.5;33.5)	28.4 (23.4;33.5)	0.27 [‡]
Received healthcare since collision: % (95% CI)	63.0 (44.3;81.6)	58.2 (52.7;63.6)	0.63 [‡]
<i>Comorbidities:</i>			
Number of comorbidities: % (95% CI)			
None	14.8 (1.1;28.5)	8.6 (5.5;11.7)	0.52 [‡]
1-2	44.4 (25.3;63.6)	43.8 (38.2;49.3)	
>2	40.7 (21.8;59.7)	47.6 (42.0;53.2)	
Muscle, bone, joint problems before collision: % (95% CI)			
Does not have the condition	77.8 (61.7;93.8)	55.3 (49.7;60.8)	0.08 [‡]
Mild effect or not at all	18.5 (3.5;33.5)	36.1 (30.8;41.5)	
Moderate to severe effect	3.7 (0.0;11.0)	8.6 (5.5;11.8)	
Allergies: % (95% CI)			
Does not have the condition	51.9 (32.6;71.1)	53.0 (47.5;58.6)	0.06 [‡]
Mild effect or not at all	33.3 (15.1;51.5)	42.5 (37.0;48.0)	
Moderate to severe effect	14.8 (1.1;28.5)	4.5 (2.2;6.8)	
Breathing problems: %(95% CI)			
Does not have the condition	74.1 (57.2;91.0)	72.8 (67.9;77.8)	0.06 [†]
Mild effect or not at all	18.5 (3.5;33.5)	20.5 (16.0;24.9)	
Moderate to severe effect	7.4 (0.0;17.5)	6.7 (3.9;9.5)	
Hypertension: %(95% CI)			
Does not have the condition	96.3 (89.0;100.0)	85.9 (82.1;89.8)	0.07 [†]
Mild effect or not at all	3.7 (0.0;11.0)	12.1 (8.5;15.8)	
Moderate to severe effect	0.0	1.9 (0.4;3.4)	
Cardiovascular problems: % (95% CI)			
Does not have the condition	96.3 (89.0;100.0)	87.5 (83.9;91.2)	0.03 [†]
Mild effect or not at all	0.0	9.9 (6.6;13.2)	
Moderate to severe effect	3.7 (0.0;11.0)	2.6(0.8;4.3)	
Gastrointestinal problems: % (95% CI)			
Does not have the condition	74.1 (57.2;91.0)	85.6 (81.7;89.5)	0.02 [†]
Mild effect or not at all	14.8 (1.1;28.5)	8.6(5.5;11.7)	

Variable [§]	No follow-up n=27*	At least one follow-up n=313*	p-value
Moderate to severe effect	11.1(0.0;23.2)	5.8 (3.2;8.3)	
Diabetes: % (95% CI)			0.35†
Does not have the condition	96.3 (89.0;100)	96.8 (94.8;98.8)	
Mild effect or not at all	3.7 (0;11.0)	2.9 (1.0;4.7)	
Moderate to severe effect	0.0	0.3 (0.0;0.9)	
Kidney/Genitourinary problems: % (95% CI)			0.07†
Does not have the condition	85.2 (71.5;98.9)	86.3 (82.4;90.1)	
Mild effect or not at all	7.4 (0.0;17.5)	9.3 (6.0;12.5)	
Moderate to severe effect	7.4 (0.0;17.5)	4.5 (2.2;6.8)	
Headache (prior to collision): % (95% CI)			0.70‡
Does not have the condition	59.3 (40.3; 78.2)	50.8 (45.2; 56.4)	
Mild effect or not at all	33.3 (15.1; 51.5)	39.6 (34.2; 45.1)	
Moderate to severe effect	7.4 (0.0; 17.5)	9.6 (6.3; 12.9)	
Mental/emotional problems prior to collision: % (95% CI)			0.02†
Does not have the condition	66.7 (48.5; 84.9)	76.7 (72.0; 81.4)	
Mild effect or not at all	18.5 (3.5; 33.5)	13.7 (9.9; 17.6)	
Moderate to severe effect	14.8 (1.1; 28.5)	9.6 (6.3; 12.9)	
Cancer: % (95% CI)			0.13†
Does not have the condition	92.6 (82.5;100.0)	96.2 (94.0;98.3)	
Mild effect or not at all	7.4(0.0;17.5)	2.9 (1.0;4.7)	
Moderate to severe effect	0.0	1.0 (0.0;2.0)	
<i>Recovery and Health:</i>			
Expected Recovery: % (95% CI)			0.04‡
Get better soon	33.3 (15.1;51.5)	49.8 (44.3;55.4)	
Get better slowly	25.9 (9.0;42.8)	30.0 (24.9;35.1)	
Never get better/Don't know	40.7 (21.8;59.7)	20.1 (15.7;24.6)	
Health transition statement: % (95% CI)			0.93‡
Excellent/very good	7.4 (0.0;17.5)	8.9 (5.8;12.1)	
Good	22.2 (6.2;38.3)	19.8 (15.4;24.2)	
Fair/poor	70.4 (52.8;88.0)	71.2 (66.2;76.3)	
<i>SF-36 scores:</i>			
Physical CS (SF-36): mean (95% CI)	38.2 (34.5;41.9)	38.4 (37.4;39.5)	0.90 ^λ
Mental CS (SF-36): mean (95% CI)	41.2 (35.4;47.0)	45.8 (44.3;47.2)	0.09 ^λ
CESD: mean (95% CI)	16.8 (11.6;22.0)	15.3 (13.9;16.7)	0.57 ^λ
<i>Vanderbilt scores:</i>			
Active coping: mean (95% CI)	15.6 (14.1;17.0)	15.0 (14.6;15.4)	0.41 ^λ
Passive coping: mean (95% CI)	14.4 (12.6;16.3)	14.9 (14.5;15.4)	0.57 ^λ
<i>WDQ score:</i>			
WDQ: mean (95% CI)	57.7 (46.0;69.4)	54.5 (51.3;57.8)	0.59 ^λ

[§]All % are column %; CI – confidence interval; CESD – Center for Epidemiologic Studies Depression; CS – component score; IQR – interquartile range; WDQ – Whiplash Disability Questionnaire; SF-36 – Short Form-36

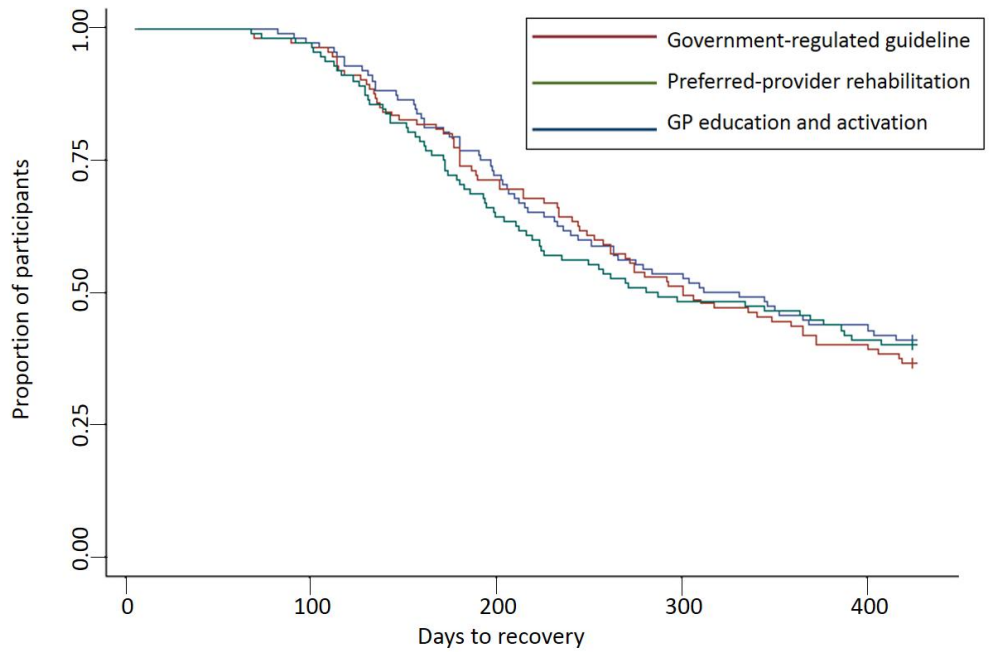
*some variables have missing data

**n=312

λ =analyzed with Student's two-sample t-test, ‡= analyzed with Chi-squared test, †=analyzed with Fisher's Exact test, #=analyzed with Median One-Way Analysis of Variance

Online Appendix 8. Intention-to-treat analysis for time on insurance benefits

Claim closure



Government-regulated guideline	115	111	82	59	46
Preferred-provider rehabilitation	113	108	73	55	46
GP education and activation	112	109	81	60	49

GP – general practitioner