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Four Things Every Claimant Must Do

If you plan to seek compensation for injuries sustained in an accident, your highest priority is to get well. You must also mitigate your damages- meaning you must take steps to reduce the physical and monetary impact of your injury. Mitigation will require the following:



Follow Your Doctor's Advice

Follow the treatment plan your doctor prescribes. Take your medication, follow therapy orders, etc. Failure to follow the doctor's orders can undercut your claim down the road.

Keep Your Doctor's Appointments

Even if you feel better, don't miss your doctor's appointments. They are part of your treatment plan.

Go to Physical Therapy

If your doctor wants you to undergo physical therapy, make sure to do so.

Rest and Recreation

Make sure you limit your activities if your doctor tells you to. You risk re-injury or prolonged recovery otherwise.

How to Avoid Reducing the Value of Your Personal Injury Claim

The last thing you want to do is to inadvertently devalue your own personal injury case. Here are some tips to avoid common mistakes made by many claimants:



Be Careful What You Say

Don't discuss your case with anyone other than your lawyer. Keep your lawyer informed of changes in your life or health condition.

Avoid Criminal or Bad Behavior

Criminal convictions after an injury can hurt your chances of settlement. Similarly, negative conduct at work may affect potential employer testimony.

Document Everything

Document your wage loss, medical bills or anything you want to claim later.

Listen to Your Doctor

Keep appointments and follow treatment orders to the letter. Without even knowing it, you may do something that could potentially undercut what your case is worth. Following the above tips will help.

Strategies for Organizing Your Injury-Related Bills

When you pursue a claim for accident injuries, your lawyer will likely tell you about the importance of documenting your claim. Good documentation requires organization of medical bills or other records relating to your injury. There are several common ways to help you do this.



Request Documentation

When you go to the doctor, health care facility or pharmacy, ask for a copy of your bills and receipts.

Don't Forget About Health Insurance Records

Even if you don't pay your bills out-of-pocket, keep copies of any statements or Explanation of Benefits forms provided by your insurer.

Keep a Chart

Track all of your injury-related expenses with a chart that includes dates of service.

Give Copies of Everything to Your Lawyer

In addition to the above, make sure your lawyer has copies of all documentation.

Your case is important to us. If we can't help you, we'll do our best to refer you to someone who can.

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