

●Keep your medical records in order by date and **DO NOT WRITE ON THEM!** Keep your notes on a separate sheet of paper.

●If you are out of work and making less money due to a work injury and currently paying child support, you can ask for a reduction in this amount—this is **NOT** automatic, you have to file for it.

●**DO NOT** post anything on the internet or any social networking websites that you don't want to show up in court!

●**NEVER, NEVER, NEVER** miss your **appointments**—doctors appointments/physical therapy appointments/vocational rehab appointments. This can slow things down and, in some situations, give the insurance company a reason to **cut off your benefits!**

●**DO NOT FILE FOR SOCIAL SECURITY** without discussing it with your attorney first – this can have a huge impact on the value of your workers' compensation claim.

●Your employer may ask you to fill out FMLA paperwork when you are out of work for an extended period of time. **FMLA is not related to workers' comp but is a labor law issue.** If proper FMLA papers are filled out, your employer must keep your posi-



●**DO NOT take legal advice from family/friends** - *unless they happen to be an attorney with experience in workers' compensation matters!* Family and friends generally have good intentions but tend to lack the legal expertise needed in situations involving work injuries.

●Make sure you are **ALWAYS** well within your doctor's restrictions at all times—this means you need to abide by them when you are at work, at home, and any where else!

●When you are out of work on workers' comp, **no benefits are paid out of your check** (ie: health insurance, child support, 401K).

●The insurance company will not give you anything you don't ask for. **The insurance adjuster is not under any obligation to tell you what benefits you're eligible for!**

●Whenever you send your information to someone (attorney, insurance company, VWC, and so on) **ALWAYS KEEP A COPY FOR YOURSELF!**

●In Virginia, workers' compensation **DOES NOT** provide for things like pain & suffering, mental anguish, or inconvenience.

●Any time you see the doctor for your work related injury, make sure to mention **ALL BODY PARTS** affected by the injury and how the injury took place – **consistency is very important!**