

5 THINGS TO PRIORITIZE AS YOU BEGIN RECOVERY POST CRASH

1

REST AND RECOVERY

Allocate time for rest and recovery when advised by healthcare professionals. Your health should be your top priority, and giving your body the time it needs to heal is crucial.

2

GATHER DOCUMENTATION

Collect all relevant documents, such as the police report, insurance information, photos of the crash scene and damages, medical reports, and receipts. Organize these documents in a dedicated folder or box.

3

SET REMINDERS

Use a digital calendar or planner to set reminders for important dates, such as follow-up medical appointments, deadlines for filing insurance claims, or dates to submit any required documents.

4

ALTERNATIVE TRANSPORTATION

If your vehicle is unavailable, research and organize alternative transportation options. This may include public transportation, arranging rides with family or arranging transportation through insurance.

5

EMOTIONAL WELL-BEING

Schedule time for activities that support your mental health, such as speaking with a medical professional, practicing relaxation techniques, or engaging in gentle physical activity as recommended.

Being injured in a motor vehicle crash can be traumatic. Remember, self-care is essential for maintaining your physical and mental well-being, and it's important to prioritize taking care of yourself.