

10 THINGS TO HELP YOU PREPARE FOR AN INSURANCE EXAM



1

Speak with your lawyer before you attend the exam. They should be able to prepare you and answer any questions you may have.

2

Try to get a good rest the night before. If you have never been to this doctor's office, make sure to have proper directions so you arrive on time.

3

If you are uncomfortable about driving yourself, ask a family member or friend to take you or seek out public transportation. Make sure the doctor is aware that you did not drive yourself.

4

Arrive on time and dress appropriately. Bring a light sweater or jacket as the office may have fluctuating temperatures.

5

If you wear reading glasses or use any type of assisted devices, bring them to your appointment and use them.

6

If you are currently taking medication for your injuries, make sure you bring them with you along with a bottled water. The doctor may ask you what medications you are currently taking.

7

Bring your identification with you, and note that there should not be any type of financial transaction at this appointment.

8

If you are asked to sign a document, please make sure you understand what you are signing. If you do not feel comfortable signing a document, ask for a copy to review with your lawyer.

9

Make sure you completely understand each question before you answer it. Take a few seconds to think, and don't be afraid to clarify if you don't understand. Do not volunteer information or discuss any financial, legal or insurance issues.

10

Be courteous and professional at all times. Do not take anything personally. Attending an IME can be a stressful experience. When you arrive home, relax and take some time for yourself. You deserve it!