

Auto Accident Recovery Checklist

- ☐ Call 911 and file an accident report.
- ☐ Take photos of vehicle damage, scene, and any visible injuries.
- ☐ Exchange insurance and contact info with other driver(s).
- ☐ Seek medical attention within 14 days to qualify for PIP benefits.
- ☐ Note all symptoms (even mild ones): headaches, stiffness, dizziness, etc.
- ☐ Avoid giving recorded statements to insurance without legal advice.
- ☐ Schedule a chiropractic evaluation as soon as possible.
- ☐ Bring your auto insurance card and claim number to your first appointment.
- ☐ Keep a journal of your pain levels and limitations after the accident.
- ☐ Follow your doctor's care plan closely and attend all appointments.
- ☐ Retain all medical bills, reports, and accident documentation.
- ☐ Ask if your provider accepts PIP or attorney liens (LOPs).