



HEMMERLING & ASSOCIATES LAW OFFICE

WHAT TO DO IF YOU HAVE BEEN INJURED IN A CAR ACCIDENT

✓ **Dial-a-Claim:**

If you have sustained injuries you must contact ICBC via telephone and report your injuries. Call Dial-a-Claim:

Lower Mainland: **604-520-8222** Rest of B.C.: **1-800-910-4222**

Dial-a-Claim is open **24 hours** a day, **7 days** a week.

Or for more information visit the ICBC website: <http://www.icbc.com/claims/pages/report-a-claim-online.aspx>

✓ **See a Doctor**

✓ **Keep a Pain Diary**

Keeping good records of your injuries will ensure that you are fully compensated and can be helpful resources for your medical practitioners.

A traditional journal is an option but there are also now apps available to help make the task of tracking you pain and injuries easier.

✓ **Keep Track of Time Off Work**

If you miss work as a result of injuries make sure to keep track of the specific dates and hours missed from work. Also note time taken off work to attend doctor's appointments and therapies.

✓ **Keep Receipts**

Keep a copy of the receipts for any treatments you attend and prescriptions you have filled relating to the accident. This will ensure you are fully reimbursed.

Brought to you by Hemmerling & Associates Law Office, 400-570 Raymer Ave, Kelowna, B.C., V1Y 4Z5
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