

*From the Desk of Mark Blane*



**How to Find Medical Care For Your Personal Injury Case**

One of the biggest foundations for your personal injury case in terms of "pain and suffering" is your medical care. It is then no surprise that what kind of injuries you received, and what doctors you saw are very important. The defense looks for opportunities to devalue your case, whenever they can, when it comes to your medical care. One of the ways they do this is to question whether or not you even saw your Primary Care Physician (PCP). Think about it, if all the medical care you received was from doctors not associated with your health plan, then it would take a clever defense lawyer to comment on that to make it sound nefarious as to why you did not see your PCP.

[Watch Now](#)

***The 5 Big Benefits of Having Medical Pay on Your Car Insurance***

Medical Pay in California is available under your automobile insurance in California as a "voluntary add-on." This means it is not required by California law, but rather elective by you. I ALWAYS recommend a person to have medical payments under their car insurance because it is like having extra health insurance under your car insurance that will pay for medical bills that require payment right away, to help to

protect your credit. Sometimes your private health plan does not pay for everything, or you have co-pays that are owed. Yes, you will get a settlement at some future point, but sometimes your medical bills need payment right away.

[Watch Now](#)

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## *Success Story*

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### **\$601,667 Settlement for Crash With a Distracted Driver**

Our client was driving a work truck when the other driver, traveling in the opposite direction, swerved into oncoming traffic while putting out a cigarette—a classic case of distracted driving. Our client tried to avoid the crash by swerving to the right, but he was unable to do so. He was transported to the hospital by ambulance with a lower back injury and later underwent surgery. The defense argued that his injuries were the result of a previous injury.

[Read More](#)

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## *Feature Article*

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### **You Have Rights to Compensation If You're Hurt in a Construction Zone Auto Collision**



Construction on Southern California roads and highways is a common situation drivers must deal with on a daily basis. Unfortunately, it can also be dangerous when impatient drivers fail to follow traffic rules and safe driving practices in construction zones.

[Read More](#)

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## Stay in the Know



How can an attorney help me if I am injured in a motorcycle accident?

Get the Answer



How can I protect my rights in a staged auto collision?

Get the Answer

## Help for Accident Victims and Their Families



Attorney Mark C. Blane has written and published several legal help books for injured folks in California, and they're available to you for **FREE!**

These books are a great source of valuable legal information. They offer insider information on what you need to know before calling a lawyer as well as insights the insurance companies would rather keep to themselves!!!

Download a Free Book Today!

## Smoothie of the Month



## Super Spring Nondairy Smoothie with Raspberries, Lime and Mint

This refreshing nondairy smoothie is perfect for a spring day. By ingredients, this recipe is dairy-free, egg-free, gluten-free, nut-free, peanut-free, soy-free, vegan, vegetarian, and generally top food allergy-friendly. Top it with a sprig of mint for a beautiful presentation. Recipe courtesy of [GoDairyFree](#).

### **Ingredients:**

- 1 cup Dairy Free Vanilla Coconut Milk Beverage
- 4 ounces Dairy Free Green Tea Coconut Milk Ice Cream
- 1 lime, grate the zest and use all of the juice
- 1 cup fresh or frozen raspberries (approximately 3 ounces)
- 1 cup fresh, clean baby kale leaves, stems removed (approximately 1 ½ ounces)
- 1 tablespoon fresh chopped mint (approximately 6 full leaves), plus additional for garnish

### **Instructions:**

- Place all of the ingredients in a high speed blender in the order listed.
- Blend until smooth and pour in to two 8 ounces glasses.
- Garnish with extra mint or lime slices.

*Enjoy!*

## ***What Clients Have to Say About Working With Us***

*"My dad is an 81 year-old man, he is the father of 10 children, and 22 grandchildren. The first time Mark met my dad he was at the VA palliative hospice unit. His knowledge of the medical field and the law just impressed me a lot. Mark was also very compassionate to my dad. Mark made sure my mom and dad had no bills, he dealt with the insurance company, he dealt with the bill collectors, he dealt with all of it. He got mom and dad enough to take care of them for the rest of their lives."*

*- Nancy I.*

