

*From the Desk of Mark Blane*



*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](#)

*Success Story*

**El Cajon Family Gets Justice Under Policy Limit Settlement**

We represented a pair of brothers, and one sister, who got into a really bad car accident while picking up their sister from work. The at-fault car hit them at full speed of at least 50 mph after running through a red light. Thankfully, the person at fault carried a \$500K liability policy, and we were able to get medical pay benefits for the siblings as well.

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## *Feature Article*

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### **Obtaining Evidence After a Motorcycle Crash**



You may be entitled to compensation for your injuries if your motorcycle collision was caused by a negligent driver. However, you may have to fight with their insurance company over their responsibility to pay you even if you believe liability is clear-cut. The best way to ensure that you receive the full value of your claim is to collect evidence that proves your case.

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## *Stay in the Know*

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### **Why do I need a dog bite attorney?**

[Get the Answer](#)

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## How much is my pedestrian accident claim worth?

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



#### Creamy Vegan Cranberry Smoothie

Tart cranberries, sweet dates, and a whole cast of nutritious characters make this Creamy Vegan Cranberry Smoothie a holiday delight! Make it for breakfast on Thanksgiving day or anytime you want a perfectly creamy treat that does so much good for your body. Recipe courtesy of [eating by elaine](#).

### **Ingredients:**

- 5 soft Medjool dates, pitted
- 1/4 cup blanched slivered almonds (not sliced)
- 1 cup frozen riced cauliflower
- 1 cup fresh raw cranberries
- 1 cup unsweetened, plain almond milk (or any non-dairy milk)
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1.5 cups crushed ice cubes
- Optional smoothie boosters: 1 tablespoon chia seeds and/or 1 tablespoon hemp seeds
- Optional Garnish Ideas: homemade maple pecan granola, homemade cranberry sauce, raw fresh cranberries, fresh berries, unsweetened shredded coconut, homemade whipped coconut cream

### **Instructions:**

- Add dates, almonds, cauliflower, cranberries, almond milk, vanilla and almond extract to a high-speed blender. Blend on the smoothie setting until smooth and creamy.
- Add ice and blend again until smooth and creamy. Add more ice if a frostier smoothie is desired.
- Divide smoothie into two glasses. Serve the smoothie ovetop non-dairy yogurt if desired. Garnish with pecan granola, fresh cranberries or berries, cranberry sauce, coconut and/or coconut cream if desired. Enjoy immediately with a spoon.

Enjoy!

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

*"It was like something stabbing me in the side of my knee. It was a rainy day, and my brother and I went to a restaurant to go and get some food. As soon as I stepped in, there was water on the floor, I slipped and fell and really tore up my knee pretty bad. And, I did not know what to do...I found Mark Blane. He came to my house and spoke to my wife and I, and after he left, we were like, okay, well we got a lawyer now. I never had a doubt that he was the right guy. He is very open, that is what I like about Mark. You call him and he is going to give you the information you are asking for, and then explain it to you so you know exactly what is going on. At times, I thought we were going to have to drop the case, but Mark stuck with it. His perseverance was unbelievable. He is going to fight for every single dime, and he is going to do it in a way where it does not make you feel uncomfortable. That is who he is, a good guy, and a really good personality."*

- Ernest Ringgold

