

From the Desk of Mark Blane



What Does "Discovery" Mean in a California Personal Injury Lawsuit?

After a lawsuit is filed in court, "Discovery" is the time in a California personal injury for both sides (injured party and defense) to discover evidence that may help their case in anticipation of a jury trial, arbitration, or even a settlement mediation. In legal jargon, "Discovery" is used as the "catch-all word" that encompasses the legal process to request it and obtain it. What happens if either side fails to answer the discovery questions, or attend a deposition? Find out more by watching my video.

[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](#)

Success Story

\$5.67 Million Settlement Reached for Severely Injured HVAC Worker

My client, a 45-year-old air coil refrigeration specialist working for an HVAC company that did quarterly inspection and cleaning for local businesses in the San Diego area, slipped off the top of a poorly maintained exterior steel ladder at a business in the Sorrento Valley area. The ladder didn't have the required non-slip surface, and my client fell approximately 16 feet onto concrete. He sustained grave and permanent injuries. My team had our work cut out for us, but in the end, we were able to obtain a life-changing result for our client.

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Feature Article

Tips on How to Retain a Skilled Car Accident Lawyer



If you were injured in a car accident caused by a negligent driver, you may be entitled to compensation for your injuries. However, it can be confusing to file a claim with their insurance company, and they could take advantage of you if you try to negotiate your settlement on your own.

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Stay in the Know



How much is my dog bite claim worth?

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How can I protect myself from being spied on by the insurance company?

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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



Detox Green Smoothie

This Detox Green Smoothie is a go-to for a reset after holidays and special occasions when we've indulged. If you are craving the freshness of fruits and veggies, this smoothie is just the trick. It's gluten free, dairy free, and vegan and packs a punch of vitamins and nutrients to be your healthiest self this year. Recipe courtesy of [Get Inspired Everyday!](#)

Ingredients:

- 2 large oranges, peeled and quartered
- 1 large Honey Crisp apple, quartered and cored
- 1 – 16 ounce bottle of Kombucha, (ginger is my favorite flavor)
- 3 ounces (3 cups) fresh spinach, washed

Instructions:

- Place the oranges, apple, and kombucha in the blender. Blend on low until the fruit is broken down, this makes room for the spinach.
- Add the spinach to the blended fruit and blend, increasing your speed to high and blend until smooth and creamy in texture.
- Serve immediately or refrigerate up to 1 day.

Enjoy!

What Clients Have to Say About Working With Us

"I was on Second Street in El Cajon, and I was stopped at stop light and rear-ended and she pushed me into another car. I had a lot of bruising, especially from the straps. I thought, well, I will just handle it through the other insurance company, but I decided that would not be such a great idea. I needed to get an attorney. I needed to get someone to watch after me while I took care of me. There is a lot of benefits of using a lawyer. Mark came out to my house for the initial meeting because I was in pain. He set me up with the doctors, with the chiropractor, and the massage therapist, and he gave me everything I needed to start getting on the right track. Mark will tell you the entire process, and he will answer all of your questions. He tells you what is going to happen before it happens. He fought for me before the insurance companies, he fought for me with other attorneys, he fought for me with even the health care professionals, and he

kept me abreast of everything. He would call me up and find out how I am doing and tell me he spoke with the doctors and reviewed their reports. He is just very personable that way. You know, a very nice man. Mark is my attorney, that is all there is to it."

- Ms. Donna F.

