

From the Desk of Mark Blane



Avoid These Fatal Mistakes In Your Personal Injury Case!

You have to be super careful when it comes to dealing with the insurance companies because they are not on your side at all when it comes to your injury claims. They will focus on their bottom line every time and they do this by trying to devalue your injury case at the start. Don't let them do this, our San Diego personal injury lawyer says you have the power, not them.

[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.

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Success Story

Married Couple Receives \$515K for Interstate Rear-End Crash

Our clients were injured when their car was rear-ended on Interstate 5. It was evening, and traffic ahead of them had come to a full stop due to freeway construction. They were struck from behind at a high rate of speed, which caused significant injuries to the driver and minor injuries to her passenger.

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Feature Article

Compensation You Can Recover for Injuries Caused in a Bicycle Collision



In California, victims of a bicycle accident that was caused by a negligent driver are entitled to be fully compensated for their injuries. Understanding what you can recover will help you determine the amount of compensation to ask for when you file your claim with the negligent driver's insurance company and whether their settlement offer is a fair one.

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Stay in the Know



How long do I have to sue for injuries I received in a pedestrian accident?

[Get the Answer](#)



What type of evidence will I need to prove my child's injury claim?

[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



Peach Pineapple Chai Smoothie

This refreshing smoothie has a special ingredient that pulls it all together with a classic chai flavor and a creamy, smooth texture and a slight crunch from the chia seeds, along with a powerhouse list of nutritious ingredients. A hefty handful of peaches and pineapple and a splash of almond milk were added to this variation, but this smoothie is very versatile. Recipe courtesy of girlversusdough.com

Ingredients:

- 1 cup almond milk (sweetened or unsweetened)
- 1/2 cup fresh or frozen sliced peaches
- 1/2 cup fresh or frozen pineapple chunks
- 1/3 cup Bob's Red Mill Chai Protein Powder Nutritional Booster
- Handful of ice (if using fresh fruit)

Instructions:

- Puree all ingredients in blender until smooth. Serve immediately.

Enjoy!

What Clients Have to Say About Working With Us

"There are no surprises when Mark is representing you and going through your case. He is ethical and honest, and very open. And really from the beginning he will let you know the process of how things are going to go, and what to expect. He really took the hard part out of dealing with the insurance companies, and really made it easy for us. I would 100% recommend Mark Blane to anybody."

- Mark G.

