

From The Desk of Mark Blane



Finding Medical Care For Your 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 Physican (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 Video](#)

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

Elderly Lady Gets Justice on a Trip & Fall Case

Our elderly client tripped and fell over an ill-placed parking block in a handicap parking spot directly in the path of walking patrons to a local restaurant in San Diego. She suffered numerous injuries, and required surgery. The restaurant's insurance agency tried to settle cheap, but we were up to the challenge.

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Feature Article



Common Injuries Caused in a Bicycle Crash

Bicycling is extremely popular in Southern California because of our year-round warm

weather and scenic routes. It's an inexpensive form of transportation and a great way to exercise. However, riders are at serious risk of being hurt in a bicycle accident caused by a careless driver.

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Stay in the Know



What steps should I take if my child is injured in a slip and fall accident?

Get the Answer



Should I accept a quick settlement of my bicycle accident 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



Blueberry Smoothie Chia Pudding

A simple and nutritious breakfast on the go, this Blueberry Smoothie Chia Pudding combines two favorites into one. This delightful treat looks stunning and tastes absolutely delicious! Recipe courtesy of [Vibrant Plate](#).

Ingredients:

- 2 tbs. chia seeds
- 1 cup plant-based milk
- a drop of vanilla extract
- 1 tsp. agave syrup
- 1 small banana
- 1/2 cup blueberries (fresh or frozen)
- 2 tbs. granola

Instructions:

- Prepare the chia seeds the night before by mixing together chia seeds, plant-based milk, vanilla extract and agave syrup in a jar, close the lid and refrigerate overnight.
- In the morning, place in blender the banana, blueberries and soaked chia seeds and blend until smooth.

- In jars or glasses, place a tablespoon of granola in each jar, pour over the blueberry smoothie chia pudding and top with fresh or frozen berries. Optionally add a tablespoon of plant-based yogurt and serve.

Enjoy!

What Clients Have to Say About Working With Us

Gabriella Connely

"5 stars for the most amazing and trustworthy lawyer I know. From the beginning of my case, he was very attentive and detailed in the process and updating me with his most recent findings and next steps! I was in two car accidents two weeks apart. Both car accidents were not my fault. Mark was able to use all the resources and findings he needed to get me the best settlement. My car was totaled after driving it for 10 years! With no car payments I was devastated when I realized that I had to buy a new car! Let's just say that with the settlement Mark was able to get for me AND the total loss money I received from my insurance, I was able to sum that up to the total purchase of my new car! I HIGHLY recommend Mark! Contact him ASAP if you have been in a car accident! He will always work to get you the best settlement! Trust me, you are in good hands with Mark!"

