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SPRING GIVEAWAY GIVEAWAY

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We're offering **\$50 Amazon Gift Cards** to 4 lucky winners as a thank you for your support!



One entry per person. **Enter by May 24, 2022**; our drawing will be held on May 26, 2022.

Winners notified by text or email.

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What is an Independent Medical Evaluation?



When you've suffered an injury at work and report the injury to your company, they will offer a panel of physicians for you to choose from to get your injury evaluated and treated. This doctor will examine you, determine the type and extent of your injury and prescribe treatment. An independent medical evaluation (IME) is when you see a different doctor from the one who is treating you to have that physician review your diagnosis and care plan. Although the doctor conducting the IME may request certain tests to confirm or contradict your current treatment, that physician will not be treating you.

When is an IME requested?

An IME can be requested by either the insurance company or your attorney. In both cases, the reason for the request is because the party requesting the IME disagrees with the current treatment and the evaluation of an employee's ability to go back to work. An independent medical examiner is supposed to function as a neutral third party reviewing the medical records of the patient and conducting any tests, he or she believes are necessary to either substantiate or dispute the medical findings and treatment needs the patient has currently or will have in the future. But it's important to note that the physician performing the IME receives payment by whoever is requesting it which creates a built-in bias.

Preparing for an IME

If the IME is requested by the insurance company you should be aware that they may be looking for signs of deception or exaggeration of your symptoms and will be asking questions to trip you up in what you've said previously. Some tips to help you prepare include:

- Bring someone with you to take notes. If possible, videotape the session.
- Review the details you gave originally in your claim before the appointment.
- Be aware that your actions are being observed even before you enter the doctor's office.
- Be honest and brief when answering questions.

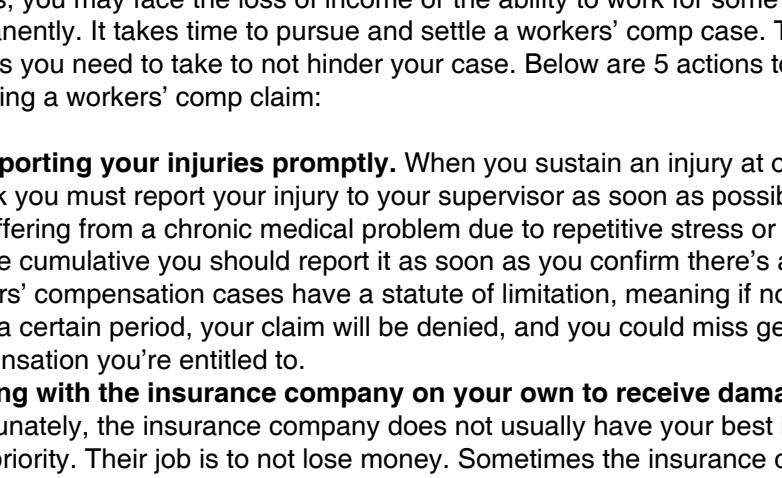
It's a good idea to schedule an appointment with your treating physician to go over the findings of the IME.

A MESSAGE FROM ATTORNEY BRIAN H. SUMRALL

I have been practicing primarily in the area of workers' compensation for almost twenty years. However, if you or a friend/family member have any other legal needs, please reach out to me to see if I can assist. I work with a team of expert attorneys in all fields including personal injury, tractor trailer and motor vehicle accidents, and premises liability.

If you have been injured by the negligence of a third party, please contact my office to see if I can help. My goal is to provide all current and prior clients with the best legal services no matter what their need. Call me today at 404.857.3835 with all your legal needs

5 Ways to Damage Your Workers' Comp Case



If you've suffered an injury or illness related to your job that was not connected to willful misconduct on your part, chances are you are entitled to compensation. In addition to medical bills, you may face the loss of income or the ability to work for some period or even permanently. It takes time to pursue and settle a workers' comp case. There are certain steps you need to take to not hinder your case. Below are 5 actions to avoid when pursuing a workers' comp claim:

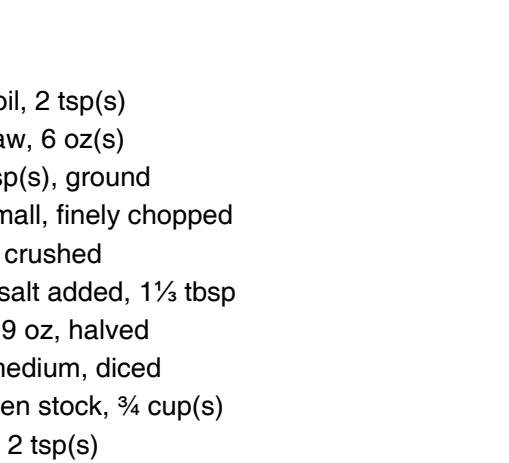
1. **Not reporting your injuries promptly.** When you sustain an injury at or because of work you must report your injury to your supervisor as soon as possible. If you are suffering from a chronic medical problem due to repetitive stress or other cause that are cumulative you should report it as soon as you confirm there's an issue. Workers' compensation cases have a statute of limitation, meaning if not reported within a certain period, your claim will be denied, and you could miss getting the compensation you're entitled to.
2. **Working with the insurance company on your own to receive damages.** Unfortunately, the insurance company does not usually have your best interests as a top priority. Their job is to not lose money. Sometimes the insurance company might deny your claim or deny your right to a particular test or treatment. Many people don't realize that the insurance company does not have the final say. Working with an experienced attorney ensures that you are treated fairly and will get the compensation you deserve. Our attorney will explain your rights and oversee every detail of your case.
3. **Neglecting to seek medical evaluation and accurately relay the history of your injuries to your doctor.** A key building block for your case will be medical testimony. It's essential that you see a physician as soon as possible after your injury or when you notice symptoms. Be detailed and accurate in the timeline of your injuries and how they occurred, past injuries, and exactly where and how intense the symptoms are.
4. **Missing appointments and failing to follow the prescribed treatment plan.** If you skip a doctor's appointment or cancel a medical test the insurance company can use that against you. They can claim that your injury wasn't that serious or that you were not actively trying to heal. This can harm your chances of recovering appropriate damages.
5. **Posting on social media.** It's best to close your social media accounts until after the settlement of your case. Postings on social media are admissible in court and can be used to support a claim by the opposition regarding your injuries.

If you have any questions about actions, you are contemplating and your case our firm is always available to answer them.

If you or a family member have been injured on the job in a construction site accident, a slip and fall accident, or any other work-related incident [The Law Offices of Brian H. Sumrall](#)—Atlanta's Workers' Compensation Attorney—is where you should turn. Our expert legal team will handle your claim to help you recover lost wages and also file workers' compensation appeals as needed. Get the compensation you need to cover your expenses and take care of yourself and your family. Call 404-857-3835 24/7 for your free, no-obligation consultation today.



Recipe of the Month One-Pan Chicken Pomodoro



A hearty and wholesome one-pan meal that requires minimal time in the kitchen and more time to enjoy this delicious dinner!

Ingredients:

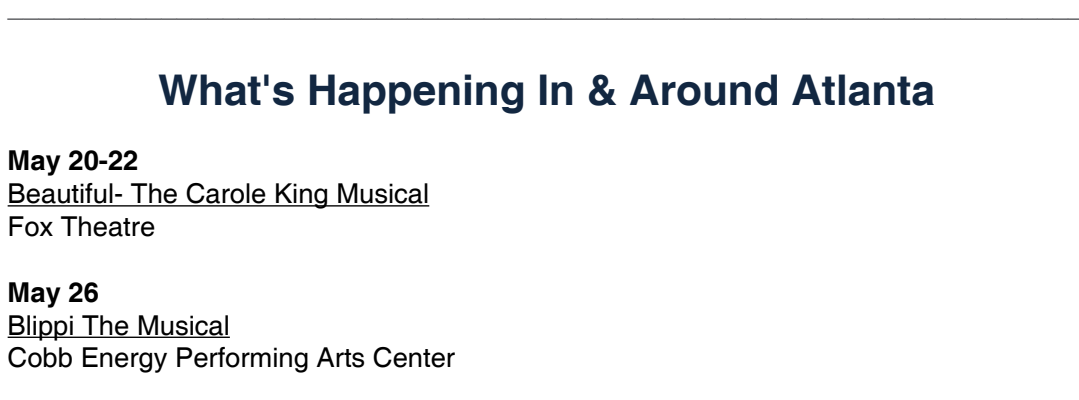
- Extra virgin olive oil, 2 tsp(s)
- Chicken breast, raw, 6 oz(s)
- Black pepper, 1 tsp(s), ground
- Yellow onion, 1 small, finely chopped
- Garlic, 1 clove(s), crushed
- Tomato paste no salt added, 1½ tbsp
- Cherry tomatoes, 9 oz, halved
- Zucchini, raw, 2 medium, diced
- Low sodium chicken stock, ¾ cup(s)
- Balsamic vinegar, 2 tsp(s)
- Basil, fresh, ½ cup(s), whole leaves
- Green beans, raw, 2 cup 1/2" pieces

Directions:

1. Heat a medium non-stick frying pan over medium-high heat until hot. Add 1 teaspoon of the olive oil. Season the chicken with pepper and add to the pan. Cook each side for 1 minute, until golden. Remove to a plate.
2. Reduce heat to medium, add the remaining oil. Add the onion and garlic and cook while stirring for 2 to 3 minutes, until soft. Stir in the tomato paste and cook for 30 seconds, continuing to stir. Add the tomatoes and zucchini, stir to coat. Add the stock, bring to a boil, stirring occasionally.
3. Return the chicken and any juices to the pan, covering the chicken with the sauce. Cover and cook for 5 to 7 minutes or until the chicken is cooked through.
4. Meanwhile, place the beans onto a microwave-safe dinner plate. Cover with wet paper towel, microwave for 1 to 2 minutes on High until bright green.
5. Once the chicken is cooked, remove from the heat, drizzle with balsamic vinegar and scatter over the basil.
6. Divide the chicken and sauce between serving plates and serve with the green beans.

Makes 2 servings

Recipe courtesy of [diet.mayoclinic.org](#)



What's Happening In & Around Atlanta

May 20-22

[Beautiful: The Carole King Musical](#)
Fox Theatre

May 26

[Blippi: The Musical](#)
Cobb Energy Performing Arts Center

Jun 2-12

[Disney's Frozen](#)
Fox Theatre

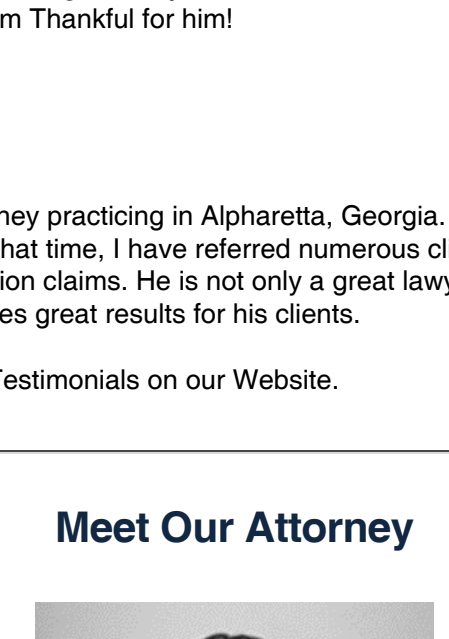
Jun 22

[Ringo Starr & His All-Starr Band](#)
Cobb Energy Performing Arts Center

Jun 26

[The Masked Singer](#)
Fox Theatre

Check Out What Others are Saying about The Law Office of Brian H. Sumrall



5★ on Google

Tomonica T.

I was referred to Brian from my personal injury lawyer for help with workers' compensation. He was GREAT! We stayed in constant contact & he answered every question I had whether by phone, email or text! I would most definitely refer everyone to him! With him you have nothing to worry about! I was amazed because I always spoke with him & no one else! I'm Thankful for him!

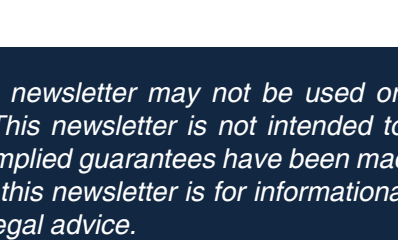
5★ on Google

Casey S.

I am a civil litigation attorney practicing in Alpharetta, Georgia. I have known Brian for almost 20 years. During that time, I have referred numerous clients to Brian to handle their workers' compensation claims. He is not only a great lawyer, but a great guy as well. Consistently produces great results for his clients.

[Click Here to See More Testimonials on our Website.](#)

Meet Our Attorney



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