



WRECKMATCH

Car Accident Survival Checklist

Protect Your Health, Rights & Recovery

Powered by WreckMatch + Ava (24/7)

WHAT'S INSIDE:

- ✓ At-Scene Step-by-Step Checklist
- ✓ Information Exchange Template
- ✓ Insurance Scripts & Rebuttals
- ✓ Case Value Self-Assessment
 - ✓ Photo & Evidence Guide
- ✓ Bonus Resources & Free Tools

Talk to Ava or Sarah — 24 hours a day, 7 days a week

(978) 515-6063

Ava & Sarah — AI Intake

WreckMatch.com

Free Attorney Match



Welcome — You Are Not Alone

A message from Ava & Sarah, your 24/7 accident advisors

Ava 24/7: (978) 515-6063

WreckMatch.com



24/7 AI Accident Advisors
(978) 515-6063

Hi — I'm Ava.

And this is Sarah, your dedicated intake specialist.

Car accidents are traumatic, confusing, and overwhelming. Insurance companies have entire teams of adjusters and attorneys working against you from the moment the crash happens. You deserve the same level of preparation and support.

This guide gives you exactly what to do — step by step — to protect your health, preserve your legal rights, and make sure you're not taken advantage of during one of the most stressful experiences of your life.

WreckMatch connects accident victims like you with experienced personal injury attorneys who work on contingency — meaning you pay nothing unless you win.

Sarah and I are available 24 hours a day, 7 days a week. Call or text anytime. We're here for you: (978) 515-6063

— Ava & Sarah

How to Use This Guide

- 1 Read it now — before you need it if possible.
- 2 Save it to your phone and share it with family members.
- 3 Follow each checklist in order immediately after an accident.
- 4 Call or text Ava and Sarah anytime: (978) 515-6063
- 5 Visit WreckMatch.com when ready to get matched with an attorney.

■ IMPORTANT DISCLAIMER

This guide is for informational purposes only and does not constitute legal advice. Laws vary by state. Results are not guaranteed. WreckMatch connects you with licensed attorneys but does not provide legal representation directly. Always consult a licensed attorney for your specific situation.

Immediate Actions Checklist

- 1 Check yourself and all passengers for injuries. Do NOT move if seriously hurt.
- 2 Call 911 — always, even for minor accidents. A police report protects you.
- 3 Turn on hazard lights. Move vehicle to safety only if safe to do so.
- 4 Do NOT admit fault — not even "sorry," "I didn't see you," or "I'm okay."
- 5 Do NOT agree to skip the police report under any circumstances.
- 6 Document the scene thoroughly before vehicles are moved.
- 7 Exchange information using the template on Page 4.
- 8 Photograph everything — use the full checklist on Pages 6-7.
- 9 Get names and phone numbers of all witnesses.
- 10 Call Ava or Sarah for immediate guidance: (978) 515-6063



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■ ALWAYS CALL 911 IF:

- Anyone is injured or unresponsive
- Airbags have deployed
- Vehicle is not drivable
- Other driver leaves the scene
- You feel ANY pain — even minor
- Property damage exceeds \$500
- Children were in either vehicle

■ NEVER SAY AT THE SCENE:

- "I'm sorry" or "It was my fault"
- "I think I'm okay" (before medical eval)
- "I don't want to make a big deal of this"
- "We don't need to call the police"
- "I wasn't paying attention"
- Anything to the other driver's insurer
- Settlement amounts or case discussions



Information Exchange Template

Ava 24/7: (978) 515-6063

WreckMatch.com

Fill this out at the scene — photograph when complete

Other Driver Information

Full Legal Name	
Phone Number	
Email Address	
Driver's License Number	
License State	
Date of Birth	
Insurance Company	
Policy Number	
Insurance Phone #	
Insurance Agent Name	

Vehicle Information

Make / Model / Year	
License Plate Number	
Plate State	
Vehicle Color	
VIN Number	

Police & Witness Information

Officer Full Name	
Badge Number	
Report Number	
Police Department	
Witness 1 — Name & Phone	
Witness 2 — Name & Phone	

Scene Details

Date & Time of Accident	
Exact Address or Intersection	
Weather Conditions	
Road Conditions	

■ Critical Reminder

After filling this out, PHOTOGRAPH this page immediately.
Also photograph: other driver's license, insurance card, and license plate directly.

What you do now directly determines your health and your case

Medical Care Checklist

- Seek medical care TODAY — even if you feel fine
- Tell every doctor this was an auto accident
- Get every diagnosis and treatment in writing
- Follow ALL treatment recommendations exactly
- See every specialist you are referred to
- Keep all receipts: ER, pharmacy, therapy
- Photograph all visible injuries with timestamp
- Document every symptom — even minor ones
- Do not return to work without medical clearance
- Start your daily symptom log (Page 7)
- Request copies of all medical records

Insurance Rules

- DO** Report accident to YOUR own insurance
- DO** Get the claim number in writing
- DO** Record every call — date, time, name
- DO** Keep all correspondence and emails
- NO** Give a recorded statement without attorney
- NO** Accept any settlement offer on the spot
- NO** Sign any releases before full recovery
- NO** Post anything about accident on social media
- NO** Discuss fault or injuries casually
- NO** Agree to anything verbally — get it in writing



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■ What NOT to Say to Insurance Adjusters

- "I feel fine" / "It wasn't that bad" → injuries often appear days later
 - "It was partially my fault" → never discuss fault with their insurer
 - "I don't have an attorney" → they will use this to lowball you immediately
 - "I just want to get this over with" → signals you'll accept any offer
 - "I'll sign whatever you need" → never sign without attorney review
- Call Ava or Sarah before any insurer conversation: (978) 515-6063

Complete Photo Evidence Checklist

Take ALL of these before vehicles move. Timestamp photos are automatic on most phones.

VEHICLES (Before They Move)

- All 4 sides of every vehicle involved
- Close-up of every damage area
- License plates of all vehicles
- Airbag deployment (if applicable)
- Interior damage and deployed seatbelts
- Skid marks on the road

THE SCENE

- Full intersection or road view
- All traffic signs and signals nearby
- Road conditions (wet, icy, potholes)
- Weather and visibility conditions
- Wide shot of full accident area
- Any obstructions to visibility

DOCUMENTS

- Other driver's license (front & back)
- Other driver's insurance card
- Police officer's badge number
- Police report number (write first)
- Witness contact information
- Any road hazard signs or construction

YOUR INJURIES

- All visible injuries at the scene
- Re-photograph at 24hrs, 48hrs, 1 week
- Bruising as it develops (peaks day 2-3)
- Medical equipment received (brace, cast)
- Hospital / ER room and equipment
- Physical therapy visits and treatment



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Pro Tips for Maximum Evidence

- Enable GPS/Location tagging on your camera before taking photos — embeds coordinates as evidence.
- Back up all photos to iCloud or Google Photos IMMEDIATELY after the accident.
- Create a dedicated folder named with the accident date and location.
- Video walk-around of both vehicles is extremely powerful evidence.



Daily Accident & Symptom Log

Ava 24/7: (978) 515-6063

WreckMatch.com

Document every symptom daily — consistency is critical to your case

Daily Accident Log

Complete this every single day. Insurance companies look for gaps. A detailed log builds your pain & suffering claim.

Date	Pain (1-10)	Body Area Affected	Activities Limited	Medical Visit	Notes / Symptoms
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Common Symptoms to Track

Head / Brain	Neck / Back	Emotional	Body / Other
<input type="checkbox"/> Headache <input type="checkbox"/> Dizziness <input type="checkbox"/> Memory issues <input type="checkbox"/> Vision changes <input type="checkbox"/> Ringing in ears <input type="checkbox"/> Confusion	<input type="checkbox"/> Neck pain <input type="checkbox"/> Back pain <input type="checkbox"/> Stiffness <input type="checkbox"/> Numbness <input type="checkbox"/> Tingling in arms <input type="checkbox"/> Shoulder pain	<input type="checkbox"/> Anxiety / PTSD <input type="checkbox"/> Sleep disruption <input type="checkbox"/> Depression <input type="checkbox"/> Fear of driving <input type="checkbox"/> Flashbacks <input type="checkbox"/> Irritability	<input type="checkbox"/> Nausea <input type="checkbox"/> Fatigue <input type="checkbox"/> Jaw pain (TMJ) <input type="checkbox"/> Hip pain <input type="checkbox"/> Knee pain <input type="checkbox"/> Chest pain / tightness



Why This Matters — Pain & Suffering Damages

Insurance companies will scrutinize gaps in your medical treatment to minimize your payout. A consistent daily log proves ongoing suffering and directly supports pain & suffering damages. Bring your log to every medical appointment. Share it with your attorney. Call: (978) 515-6063



Word-for-word scripts to protect your settlement

THEY SAY:

"We need a recorded statement right away."

YOU SAY:

"I am not ready to give a recorded statement. I will speak with an attorney first and get back to you."

THEY SAY:

"Your injuries seem minor based on vehicle damage."

YOU SAY:

"The extent of my injuries is a medical determination, not a vehicle assessment. I have full documentation."

THEY SAY:

"We're offering you a fair settlement today."

YOU SAY:

"I cannot discuss settlement until I know the full extent of my injuries. Please put your offer in writing."

THEY SAY:

"You don't really need an attorney for this."

YOU SAY:

"I appreciate your concern. I've decided to consult an attorney. Please direct all communication through them."

THEY SAY:

"Sign this medical release so we can process your claim."

YOU SAY:

"I will not sign any documents without my attorney reviewing them first. Thank you for your understanding."

THEY SAY:

"You were partially at fault for this accident."

YOU SAY:

"Please send all communications in writing going forward. I will have my attorney respond to this claim."

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The Golden Rule: Get Everything in Writing

After EVERY call, send an email: "Per our conversation today, you stated..."

This creates a paper trail that protects you if they change their position.

Never rely on verbal promises. If they won't write it down, be very suspicious.

Before any insurer conversation, call Ava or Sarah: (978) 515-6063

Answer honestly. More "Yes" answers generally indicates a stronger case with higher potential value.

1	Did you receive medical treatment within 48 hours of the accident? Why this matters: Early treatment directly links your injuries to the accident.	+15 pts <input type="checkbox"/> YES <input type="checkbox"/> NO
2	Are you still receiving ongoing medical treatment? Why this matters: Continuing care = documented, provable damages over time.	+20 pts <input type="checkbox"/> YES <input type="checkbox"/> NO
3	Did you miss work or lose income due to the accident? Why this matters: Lost wages are directly and fully recoverable in most states.	+15 pts <input type="checkbox"/> YES <input type="checkbox"/> NO
4	Is there clear evidence the other driver was at fault? Why this matters: Fault determines liability — the foundation of your case.	+20 pts <input type="checkbox"/> YES <input type="checkbox"/> NO
5	Did a police officer cite the other driver at the scene? Why this matters: A police citation is powerful corroborating evidence.	+10 pts <input type="checkbox"/> YES <input type="checkbox"/> NO
6	Do you have documented pain and suffering (log, photos, records)? Why this matters: Non-economic damages require thorough documentation to prove.	+15 pts <input type="checkbox"/> YES <input type="checkbox"/> NO
7	Have you consulted a personal injury attorney? Why this matters: Represented victims recover an average of 3.5x more in settlements.	+5 pts <input type="checkbox"/> YES <input type="checkbox"/> NO

Your Score Guide

80-100	Strong Case	High value — contact an attorney immediately
55-79	Solid Case	Good foundation — attorney can maximize recovery
30-54	Building Case	Keep treating and documenting — case may strengthen
0-29	Early Stage	Document everything now — consult attorney for guidance

Find out what your case is actually worth — free.

(978) 515-6063

WreckMatch.com

Talk to Ava or Sarah now — no obligation, completely free



Get Matched Now

Free. No obligation. Results in minutes.

How WreckMatch Works:

- 1 Call or Text Ava & Sarah**
Available 24/7 at (978) 515-6063
- 2 Tell Us About Your Accident**
Quick 2-minute intake — Ava guides you through it
- 3 Get Matched Instantly**
We connect you with the right attorney for your case
- 4 Free Consultation**
Attorney reviews your case at absolutely no cost to you
- 5 No Win, No Fee — Guaranteed**
You pay nothing unless your attorney wins your case

Call or Text Ava & Sarah Right Now:

(978) 515-6063



SCAN TO VISIT [WRECKMATCH.COM](https://wreckmatch.com)

WreckMatch.com

FREE

Attorney Match

24/7

Ava & Sarah

\$0

Unless You Win



Free Tools & Resources



WreckMatch.com

Free attorney matching — no obligation, no upfront cost

Get matched with a personal injury attorney in minutes. Ava & Sarah available 24/7.



Ava & Sarah: (978) 515-6063

24/7 AI intake specialists — call or text anytime

Immediate guidance on what to do, what to say, and how to protect your case.



Police Report Lookup

Most states offer online accident report access

Search "[Your State] accident report request" or visit your local DMV website.



Medical Records Request

You have a legal right to all your medical records

Request from every provider who treated you. Keep organized copies of everything.



Google Photos / iCloud

Free unlimited photo backup for your evidence

Enable auto-backup immediately — your accident photos are irreplaceable evidence.



CamScanner / Adobe Scan

Free document scanning apps for your phone

Scan and organize all accident documents, medical bills, and correspondence.



State Bar Referral Services

Free attorney referrals from state bar associations

Search "[Your State] State Bar Lawyer Referral" for vetted local PI attorneys.



GoodRx.com

Free prescription discount cards — save on medications

Reduce out-of-pocket costs while your case is pending. Works at most pharmacies.

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■ CRITICAL: Statute of Limitations — Do NOT Miss This Deadline

You have a LEGAL DEADLINE to file your injury claim. Miss it and you permanently lose all rights.

Most states: 2 years from accident date | Some states: 1 year | A few states: 3 years



You're Not Alone.

Ava & Sarah are here 24/7 — ready to help you get the justice you deserve.

Call or Text Ava & Sarah Anytime:

(978) 515-6063

Ava + Sarah — AI Intake Specialists — Available 24 Hours



SCAN TO GET MATCHED AT [WRECKMATCH.COM](https://wreckmatch.com)

WreckMatch.com

Free matching • No obligation • No win, no fee

WRECKMATCH

FREE
Get Matched

24/7
Always Available

\$0 FEE
Unless We Win

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