6 free checklists for after a car accident.

Print the full set, or keep it on your phone. Every one of them is free.

1 **The first 10 minutes after a crash** Page 2
Ten steps, in order. Print it for your glovebox, or save it to your phone.

2 **The 7 photos to take after a crash** Page 4
Your phone already stamps the time and place. Your job is to point it at the right things.

3 **The glovebox card** Page 5
Phones die, crack, and ride off in the tow truck. Eight things to keep in your glovebox.

4 **Your first doctor visit after a crash** Page 7
Seven things to bring. A little prep makes the visit go better.

5 **Before the adjuster calls** Page 9
The adjuster will be polite, quick, and very organized. You can be organized too.

6 **The first 48 hours after a crash** Page 11
Day of, day after, the week after. Work down the list, one step at a time.

Also on the website, with the short videos that go with each one: getsmartinjury.com

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

The first 10 minutes after a crash.

Ten steps, in order. Print it for your glovebox, or save it to your phone.

- [ ] **1 Check on everyone.**
  You, your passengers, and the people in the other car.
- [ ] **2 Turn on your hazards.**
- [ ] **3 Get to a safe spot.**
  Only if the car moves and it's safe to. A shoulder or parking lot beats the middle of the road.
- [ ] **4 Call 911, even for a minor crash.**
  The police report is the neutral record of what happened.
- [ ] **5 Photograph everything before anything moves.**
  Both cars, all four corners, the street, and the signs.
- [ ] **6 Don't apologize. Stick to the facts.**
  "Are you okay?" is fine. "I'm sorry" gets written down.
- [ ] **7 Exchange insurance information.**
  Photograph their card instead of writing it down: no typos, and the policy number is exact.
- [ ] **8 Get witness contacts before they leave.**
  A name and phone number is enough.
- [ ] **9 Write down the time, the location, and what happened.**
  In your own words, while it's fresh.
- [ ] **10 Get the police report number and the officer's name.**
  Before you leave the scene.

Based on general post-accident guidance from NHTSA and the Insurance Information Institute.

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

Write it down at the scene.

Fill this in before you leave. Keep it with your insurance card.

DATE AND TIME

LOCATION (STREET, DIRECTION)

WEATHER, LIGHT, TRAFFIC

POLICE REPORT NUMBER

OFFICER NAME AND BADGE

THEIR NAME AND PHONE

THEIR INSURANCE COMPANY

THEIR POLICY NUMBER

THEIR PLATE NUMBER

THEIR CAR (COLOR, MAKE, MODEL)

WITNESS 1: NAME AND PHONE

WITNESS 2: NAME AND PHONE

Photos taken

- [ ] Both cars, all four sides
- [ ] Both license plates
- [ ] The whole scene, wide
- [ ] The road: signs, signals, skid marks
- [ ] Anything on the ground
- [ ] Their insurance card and license
- [ ] The inside of your own car

What happened, in your own words

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

The 7 photos to take after a crash.

Your phone already stamps the time and place. Your job is to point it at the right things.

- [ ] **1 Both cars, all four sides.**
- [ ] **2 Both license plates.**
- [ ] **3 The whole scene, wide.**
  From a few steps back.
- [ ] **4 The road.**
  Signs, signals, lane lines, skid marks.
- [ ] **5 Anything on the ground.**
  Debris, glass, fluids.
- [ ] **6 The other driver's insurance card and license.**
  Photograph it; don't copy it by hand.
- [ ] **7 The inside of your own car.**
  Airbags, where loose things landed, a cracked screen, a shifted child seat, anything broken. Almost nobody takes these.

Four photo habits

1. Don't delete anything from the scene, even if it looks useless. A blurry shot still carries the time stamp.
2. Don't crop, edit or filter. Edits can strip or change the data.
3. Back up the originals the same day: cloud, a laptop, anywhere besides only the phone.
4. If you send a photo, send the original file, not a screenshot.

Take more than you think you need. Within an hour the cars are moved and the glass is swept.

Based on general guidance from the Insurance Information Institute and NHTSA.

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

The glovebox card.

Phones die, crack, and ride off in the tow truck. Eight things to keep in your glovebox.

- [ ] **1 Insurance card.**
  The current one.
- [ ] **2 Registration.**
  Keep it with the insurance card.
- [ ] **3 A pen and one index card.**
  For names, numbers and the report number.
- [ ] **4 Emergency contact, written down.**
  In case your phone is locked or dead.
- [ ] **5 Medications and allergies.**
  For paramedics, if you can't say it yourself.
- [ ] **6 Phone charger.**
  So your phone lasts through photos and calls.
- [ ] **7 Small flashlight.**
  For photos and paperwork after dark.
- [ ] **8 The 10-minute checklist, printed.**
  Paper works with a dead phone and shaking hands.

Build the kit this weekend, then forget about it until you need it. The card is on the next page.

Based on general vehicle emergency kit guidance from AAA and NHTSA.

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

Your glovebox card.

Fill it in, cut along the dashed line, and keep it with your insurance card. Two copies: one for each car.

In case of a crash

NAME

EMERGENCY CONTACT (NAME, PHONE)

SECOND CONTACT (NAME, PHONE)

MEDICATIONS

ALLERGIES

INSURANCE COMPANY

POLICY NUMBER

Free guides, by text or phone: 877-310-0002 · getsmartinjury.com

In case of a crash

NAME

EMERGENCY CONTACT (NAME, PHONE)

SECOND CONTACT (NAME, PHONE)

MEDICATIONS

ALLERGIES

INSURANCE COMPANY

POLICY NUMBER

Free guides, by text or phone: 877-310-0002 · getsmartinjury.com

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

Your first doctor visit after a crash.

Seven things to bring. A little prep makes the visit go better.

- [ ] 1 **Your ID and insurance cards.**
- [ ] 2 **The date and time of the crash.**
- [ ] 3 **A full list of symptoms.**
  Even the small ones. Pain that shows up two days later counts.
- [ ] 4 **Your medications.**
- [ ] 5 **Photos of the damage.**
  So they can see the force involved.
- [ ] 6 **Your questions, written down.**
- [ ] 7 **Someone to drive you home.**

Then keep every piece of paper they hand you in one folder. Symptom notes are on the next page.

General information, not medical advice.

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

Symptom notes.

Write down what you feel, including the small things, so you don't have to remember later.

DATE	WHAT I FEEL, AND WHERE	WHEN IT STARTED	NOTES

Questions for the doctor

A note-taking aid. General information, not medical advice.

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

Before the adjuster calls.

The adjuster will be polite, quick, and very organized. You can be organized too.

- [ ] 1 **Know who they represent.**
  It's in the first sentence they say.
- [ ] 2 **You can schedule the call.**
  It doesn't have to be now.
- [ ] 3 **Your notes belong in front of you.**
- [ ] 4 **"I don't know" is a complete answer.**
- [ ] 5 **Recorded statements can wait.**
- [ ] 6 **Keep a one-page call log.**
  Date, name, what was said. It's on the next page.

Save this for the day the phone rings.

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

Call log.

One line per call: who called, from where, and what was said. Keep it with your notes.

DATE, TIME	NAME AND COMPANY	PHONE	CLAIM NUMBER	WHAT WAS SAID, NEXT STEP

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.

The first 48 hours after a crash.

Day of, day after, the week after. Work down the list, one step at a time.

- [ ] **AT THE SCENE** — The 10-minute checklist.
- [ ] **SAME DAY** — Get checked, even if you feel fine.
- [ ] **THAT NIGHT** — Write down what happened.
- [ ] **NEXT DAY** — Call your own insurer.
- [ ] **ALL WEEK** — Watch for pain that shows up late.
- [ ] **THIS WEEK** — Request the police report.
- [ ] **THE WHOLE TIME** — Stay quiet online.
- [ ] **THE WHOLE TIME** — Tell us what happened.

The next-day call to your own insurer, in 5 lines

1. "Hi, I'm calling to report a crash. My policy number is..."
2. The facts: date, time, place, what happened. No guesses.
3. On injuries: "I'm being evaluated."
4. "What's my claim number, and what happens next?"
5. "What do you need from me, and by when?"

Write it all down while you're on the call.

Call script based on the Insurance Information Institute, "How to file an auto insurance claim."

GetSmart Injury Network is a marketing and intake service, not a law firm, and does not provide legal advice. Participating law firms are independent and pay GetSmart for advertising and intake services. You are free to choose any attorney. General information, not legal advice. Every situation is different — consult a licensed attorney about your specific circumstances.