

## **Are you prepared for your Independent Medical Examination (IME)?**

An IME is an examination by a physician other than your own, usually a specialist, requested by your employer and/or insurance company.

- The IME physician will not be providing medical treatment.
- If you refuse to attend an IME you face losing your pay and/or benefits.
- The IME will be arranged by either your employer or insurance company.
- You will have no out of pocket costs for this examination.
- This process maintains privacy of your medical information.

### **What should you expect during the IME?**

- You will be asked questions about your health and disability.
- There might be a physical examination.

### **How should you prepare for your IME?**

- It is extremely important to provide an accurate history about your health.
  - It is helpful to bring notes or a calendar with the date your injury occurred, and all follow-up care you have received.
- Be prepared to talk about any pre-existing conditions.
  - This is important if you have had a prior injury.
  - Be prepared to discuss how you were able to work, and now are unable to work.
- Consider consulting a workman's compensation lawyer prior to your IME.

### **What should you do during the IME?**

- Arrive early
  - First impressions are important with the IME physician. You have only one chance to make that impression.
- Write down the time that you arrived, how long you waited, what time you saw the physician, how long the exam lasted, and the time that you left the office.
- Bring a friend or family member with you.
  - They can take notes and act as a witness should you need that in the future.
  - Having someone else in the room can also prevent you from feeling intimidated by the physician.
- Be polite and cooperate with the physician and answer all questions completely.
- Do not become defensive about questions.
- Do not exaggerate or fake symptoms.
- Tell the physician if you are having pain during his examination.
- Always ask the physician who will see your information.
- Do not pay when you leave the office. If there is an issue, have the office contact the person who set up the IME.