

IME

What Is An IME?

The term IME stands for an Independent Medical Examination. An IME is a process by which the Washington Department of Labor & Industries will send you to a doctor to be examined. L&I has a right by law to send you to an IME. L&I would argue that they even have a right to send you to multiple IMEs.

The Purpose Of An IME

The purpose of an IME is to gather evidence about your claim. This may be good evidence or bad evidence. L&I may send you to an IME to determine whether or not to reject your claim. In some cases, L&I wants to send you to an IME to determine whether you have a permanent impairment and your claim should close. Other times, the department sends you to the IME to determine whether or not you need surgery, or whether you should receive continuing time loss compensation benefits.

Consult an Attorney Before An IME

In many instances, you need to talk to an attorney in order to determine whether you should go to the IME and what you should do during the IME. IMEs don't happen in every claim, but they do happen in the vast majority of claims. You will only find out that you have to go to an IME when you receive a letter from L&I. By law, L&I only has to give you two weeks notice of this appointment and you must be physically present to be examined by a doctor that you may have never heard of or even met before.

Be Prepared For Your IME

It's important for you to reach out to an attorney as soon as you receive the letter from L&I requesting an IME. Your L&I claim relies on this important meeting, so you need to be prepared.

There Are A Few Do's And Don'ts In Order To Prepare For An IME:

- Be yourself
- Don't try to impress the doctor or exaggerate any of your injuries
- Be quiet during the exam (you don't want to frustrate the doctor or do anything that can impact your report; this doctor is going to write a detailed report for L&I about what to do regarding your claim)
- Remember anything you do say can be used against you in court and in the L&I claims management process to deny you benefits

Stand Up For Your Rights

The process is tricky and happens quickly. This is why it's extremely important when you receive your IME letter to reach out to Emery Reddy to discuss your options. If you've received an IME letter, please call us at **(206) 442-9106**. We'll discuss your options and prepare you for this important event in your L&I claim.