

## Social Media Dos And Don'ts



After your accident, insurance adjusters will look you up online. They will look through social media posts and photos for evidence in their case against you. If you post anything that could diminish the value of your claim, they will find it and use it. The best advice we can give you is to stay off social media entirely until your case is settled. However, we recognize that this can be a challenge in today's world. In order to get the best settlement possible, follow these tips to protect yourself.

### **DOs:**

- Make your social media accounts private
- In Facebook settings, turn off the option for search engines to link to your profile
- Avoid sharing posts with “everyone” or “friends of friends”
- Keep your case private
- Ask your friends and family to avoid tagging you in posts

### **DON'Ts:**

- Don't post pictures of your injuries or property damage
- Don't accept friend requests from people you don't know
- Don't discuss your injuries, treatment, or anything related to physical activity on social media
- Don't post pictures of yourself engaging in physical activity or anything that could be construed as physical activity

**Keep in mind that anything you post can be used against your case.**

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