**Guide for Pro Se Plaintiff**

If you are injured in a work-related accident, you may be entitled to worker’s compensation benefits. If you are representing yourself, you should be aware of the following issues to make sure that you are protecting your rights to worker’s compensation benefits:

1. Make a demand for worker’s compensation benefits from your employer
2. If your employer denies your request for worker’s compensation benefits, file an adjustment of claim with the Indiana Worker’s Compensation Board.
3. Make sure the average weekly wage on your agreement for compensation with your employer is correct and includes all overtime pay you received in the year before your accident.
4. When receiving medical treatment directed by your employer, do not sign an agreement to pay for treatment if your employer does not pay.
5. If your total temporary disability (“TTD”) benefits are terminated because your employer says that you have reached maximum medical improvement, make sure that your employer sends you a 38911 form before your TTD benefits are stopped.
6. If you believe your medical benefits have been terminated before you have reached maximum medical improvement, request an independent medical exam (“IME”) on the 38911 form and give it back to the employer (or its worker’s compensation insurance company) and the Indiana Worker’s Compensation Board within seven (7) days of receiving the form.
7. Do not approve a permanent partial impairment (“PPI”) rating without reading the report of the employer’s doctor.
8. Do the math to see if your PPI rating was correctly calculated. Make sure that your final agreement to compensation includes any future medical treatment and prescriptions that your treating physician says that you need.

**This information is not intended to be legal advice. If you have a specific question about your particular situation, you should contact an attorney.**