

SOCIAL MEDIA AGREEMENT

It is common in workers' compensation and personal injury cases for an insurer or the attorneys for the insurer to look into your personal life on social media (including postings, photographs, tags, tweets, etc.). Information they obtain in some situations can be distorted to help the insurer show that you are exaggerating your injuries or being untruthful about how your injuries occurred.

Please follow the guidelines below to minimize any potential negative effects social media might have on your case.

1. If you use any social media sites, including Facebook, Twitter, Instagram, LinkedIn, etc., you should immediately reset your profiles to the highest possible privacy settings.
2. Do not accept any friend requests from anyone you do not personally know. Tell your friends and relatives not to accept friend requests from unknown sources as well. If the insurer cannot access your account, they will check friends and relatives.
3. Do not post anything about your case, including about your injuries, activities, personal thoughts, photographs, videos or conversations with your attorneys on any social media site or blog. The best practice, from this point forward, is not to post any information on social media websites.
4. Ethical rules prohibit attorneys **(and potentially claimants)** from removing, deleting, concealing or withholding any information you may have already posted. **Likewise, if you remove, delete, conceal or withhold any information you already posted, the court could sanction you in the form of making you pay money or making a finding against you that results in you losing your case.**
5. If your friends and family members post pictures or information about you, please make them aware of these guidelines and ask them to follow them. Under no circumstances should they delete any previous postings, etc.

I HAVE READ AND UNDERSTAND THE GUIDELINES ABOVE, AND I AGREE TO FOLLOW MY ATTORNEY'S ADVICE.

Name / Signature

Date

IMPORTANT NOTICES

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