

Auto Accident Checklist *WHAT TO DO IF YOU'VE BEEN IN A CAR CRASH*

- Determine If You Need to Call 9-1-1**
If you or anyone else is seriously injured or you suspect they might be, call 9-1-1 right away.
 - Take Pictures and Record Videos**
If it's safe to get out of your car, take photos and video of the accident scene, including traffic signs and road features.
 - Move the Vehicles**
If your car is still functional, move it out of the road as soon as safely possible; you don't need to wait for police to come. If your car is unable to be moved, stay in the car with your seatbelt on and your hazard lights on.
 - Contact Authorities**
After you've moved the vehicles out of the road (if possible), contact the police at the non-emergency number.
 - Document Injuries**
Document any injuries or pain you have from the accident initially and over the next few days.
 - See a Doctor**
See a doctor within three days of the accident if you think you might be injured.
 - Get Treatment for Injuries**
Follow your doctor's treatment plan; make sure any needed surgeries aren't scheduled too far out.
 - Contact Your Insurance Company**
No matter who is at fault, you'll want to contact your insurance agent soon after the crash.
 - Get Estimates**
Get estimates for the damages done to your vehicle. Keep records of all the repairs done.
 - Contact a Personal Injury Attorney**
Call today; you may be eligible for compensation for medical expenses, loss of income, and other damages.
-

Auto Accident Checklist *WHAT TO DO IF YOU'VE BEEN IN A CAR CRASH*

- Determine If You Need to Call 9-1-1**
If you or anyone else is seriously injured or you suspect they might be, call 9-1-1 right away.
- Take Pictures and Record Videos**
If it's safe to get out of your car, take photos and video of the accident scene, including traffic signs and road features.
- Move the Vehicles**
If your car is still functional, move it out of the road as soon as safely possible; you don't need to wait for police to come. If your car is unable to be moved, stay in the car with your seatbelt on and your hazard lights on.
- Contact Authorities**
After you've moved the vehicles out of the road (if possible), contact the police at the non-emergency number.
- Document Injuries**
Document any injuries or pain you have from the accident initially and over the next few days.
- See a Doctor**
See a doctor within three days of the accident if you think you might be injured.
- Get Treatment for Injuries**
Follow your doctor's treatment plan; make sure any needed surgeries aren't scheduled too far out.
- Contact Your Insurance Company**
No matter who is at fault, you'll want to contact your insurance agent soon after the crash.
- Get Estimates**
Get estimates for the damages done to your vehicle. Keep records of all the repairs done.
- Contact a Personal Injury Attorney**
Call today; you may be eligible for compensation for medical expenses, loss of income, and other damages.

Utah Auto Accident Resources

Non-Emergency Police Dispatch

DAVIS COUNTY: 801-451-4150
SALT LAKE COUNTY: 801-799-3000
SUMMIT COUNTY: 435-615-5500
TOOELE COUNTY: 435-882-5600
UTAH COUNTY: 801-794-3970
WASATCH COUNTY: 435-654-1411

Roadside Assistance & Towing Services

AAA ROADSIDE ASSISTANCE: 800-222-4357
AM/PM TOWING (PROVO): (801) 921-6439
ROADSIDE TECH (SLC): 801:390-6307
SALT LAKE TOWING (SLC): (801) 701-1233

Health Insurance Member Services

AETNA: 888-702-3862
BLUECROSS BLUESHIELD (REGENCE): 888-367-2119
CIGNA: 800-997-1654
DMBA: 801-578-5600
SELECTHEALTH: 800-538-5038
UNITED HEALTHCARE: 866-414-1959
UNIVERSITY OF UTAH HEALTH: 888-271-5870

IHC Instacare

SALT LAKE INSTACARE (SLC): 385-282-2400
UTAH VALLEY CLINIC INSTACARE (PROVO): 801-357-1770

MountainStar Urgent Care (CareNow)

CARENOW URGENT CARE (SLC): 801-973-2588

U of U Health Urgent Care

REDWOOD URGENT CARE (SLC): 801-213-8841
URGENT CARE AT REDSTONE HEALTH (PARK CITY): 435-800-8973

Pain, Injury & Spine Treatment Centers

ASPEN HEALTH & WELLNESS: 801-753-0080
INTERMOUNTAIN PAIN & INJURY: 801-262-9600
ORTHOPEDIC SPINE & INJURY CENTER: 801-797-8000

Personal Injury Attorneys

MOXIE LAW GROUP: 801-599-0691

Utah Auto Accident Resources

Non-Emergency Police Dispatch

DAVIS COUNTY: 801-451-4150
SALT LAKE COUNTY: 801-799-3000
SUMMIT COUNTY: 435-615-5500
TOOELE COUNTY: 435-882-5600
UTAH COUNTY: 801-794-3970
WASATCH COUNTY: 435-654-1411

Roadside Assistance & Towing Services

AAA ROADSIDE ASSISTANCE: 800-222-4357
AM/PM TOWING (PROVO): (801) 921-6439
ROADSIDE TECH (SLC): 801:390-6307
SALT LAKE TOWING (SLC): (801) 701-1233

Health Insurance Member Services

AETNA: 888-702-3862
BLUECROSS BLUESHIELD (REGENCE): 888-367-2119
CIGNA: 800-997-1654
DMBA: 801-578-5600
SELECTHEALTH: 800-538-5038
UNITED HEALTHCARE: 866-414-1959
UNIVERSITY OF UTAH HEALTH: 888-271-5870

IHC Instacare

SALT LAKE INSTACARE (SLC): 385-282-2400
UTAH VALLEY CLINIC INSTACARE (PROVO): 801-357-1770

MountainStar Urgent Care (CareNow)

CARENOW URGENT CARE (SLC): 801-973-2588

U of U Health Urgent Care

REDWOOD URGENT CARE (SLC): 801-213-8841
URGENT CARE AT REDSTONE HEALTH (PARK CITY): 435-800-8973

Pain, Injury & Spine Treatment Centers

ASPEN HEALTH & WELLNESS: 801-753-0080
INTERMOUNTAIN PAIN & INJURY: 801-262-9600
ORTHOPEDIC SPINE & INJURY CENTER: 801-797-8000

Personal Injury Attorneys

MOXIE LAW GROUP: 801-599-0691
