

PI Recovery Timeline Checklist

A Step-by-Step Guide to Healing After a Personal Injury

Recovering from an accident can feel overwhelming, but having a clear plan makes the journey easier. This checklist is designed to guide you through each stage of your recovery, helping you stay on track with both your medical and legal needs. Use it as a simple tool to understand what to expect, what steps to take, and how Care Connect can support you every step of the way.

What's Inside:

- ☐ **Immediate Steps After an Accident** – Ensure safety, seek medical help, and document everything.
- ☐ **First Weeks of Recovery** – Follow treatment plans, attend follow-ups, and start legal documentation.
- ☐ **Ongoing Care** – Track your healing progress, physical therapy, and monitor symptoms.
- ☐ **Legal Support Milestones** – Stay aligned with important deadlines, paperwork, and communication with your lawyer.
- ☐ **Long-Term Wellness** – Prevent complications, plan for full recovery, and secure the resources you need.

How Care Connect Helps You

With Care Connect, you're not alone. We connect you to trusted doctors, legal professionals, and resources tailored to your recovery. Our goal is to help you heal faster, stay informed, and reduce the stress of managing everything on your own.



Download this free checklist and take control of your recovery with confidence.