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What To Know About Workers Comp Claims In California



Watch this video to learn more.

Workers' Compensation Medical Expenses: What's Covered, and Who Picks Your Doctor?



Some things in life are straightforward. For example, when you incur an injury or suffer from an illness at the workplace, your medical care is covered. If you did everything promptly, your medical expenses should be paid through your employer's [Workers' Compensation](#) insurance policy. There shouldn't even be any medical bills sent your way if you filed a WC claim within the time limit and your physician was aware that your injury was related to work.

[Click Here to Read More about Workers' Compensation](#)

If you or a loved one has been denied [Workers' Compensation](#) or [Social Security Disability \(SSDI\)](#) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call 800-438-7734 for your initial free consultation, either in our office or in the comfort of your own home. The [Kenton Koszdin Law Office](#) and [Social Security attorneys in Van Nuys](#) can help you navigate the application process for the best possible outcome for you and your family.

Call **818-901-9999** for your initial free consultation in our office or the comfort of your home.

[Click here for a FREE Consultation](#)

From Our Blog

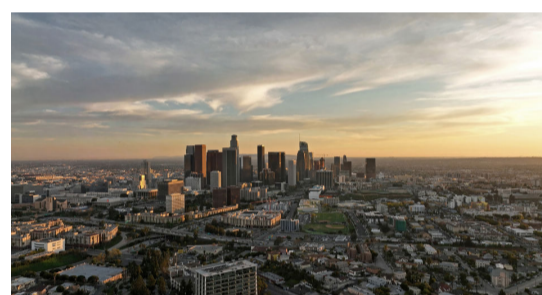
Securing Your Future: Why A Los Angeles Disability Benefits Attorney Is Essential

Having a disability comes with a lot of challenges, not just physical and mental ones. It can be hard to get disability benefits because of all the complicated steps and forms that are needed. This stops many people who are eligible from seeking the help they need. When this happens, getting help from a [Los Angeles Disability Benefits Attorney](#) is not only a good idea, but it's also necessary.



[Click Here to Read More](#)

How the City of Angels Was Born: The Founding of Los Angeles



Los Angeles has a rich and storied history that stretches back thousands of years. In ancient eras, the LA basin was formed when wetlands, rivers, and the wildlife that relied on them combined to form a unique and enduring ecosystem. From there, hunter-gatherers arrived on the southern shores and settled along the rivers.

[Click here to learn about the founding of Los Angeles](#)

WHAT OUR CLIENTS SAY



The Law Office Of Kenton Koszdin helped me get a "Fully Favorable" rating in my Court Hearing after 3 previous denials from the Social Security Department for my SSDI. Kenton is professional and friendly. Don't give up. He will fight all the way to the end for you! - J.M.

What's Happening in Van Nuys & Southern California

February 16 - 18
[Los Angeles A Cappella Festival 2024](#)
El Segundo Performing Arts Center
El Segundo

March 7-10
[Cherry Blossom Festival](#)
Japanese Friendship Garden and Museum
San Diego

February 23 - 25
[San Diego Stamp Show](#)
Hilton San Diego Mission Valley
San Diego

March 11
[Long Beach Crawfish Festival](#)
Rainbow Lagoon Park
Long Beach

March 1
[Gem Faire](#)
Del Mar Fairgrounds
Del Mar

March 15 - 21
[Fashion Week El Paseo](#)
The Gardens on El Paseo
Palm Desert

Recipe of the Month:

Vegetarian Chili

This vegetarian chili is every bit as warm, comforting, and filling as a classic beef chili. Three types of beans do the heavy lifting, while warm spices and jalapeño add a little extra heat.



Ingredients:

- 1 tbsp extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- 2 carrots, peeled and finely chopped
- 3 garlic cloves, minced
- 1 jalapeño, finely chopped
- 1 tbsp. tomato paste
- 1 (15.5-oz.) can of pinto beans, drained and rinsed
- 1 (15.5-oz.) can of black beans, drained and rinsed
- 1 (15.5-oz.) can of kidney beans, drained and rinsed
- 1 (28-oz.) can of fire-roasted tomatoes
- 3 cups low-sodium vegetable broth
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 2 tsp dried oregano
- Kosher salt
- Freshly ground black pepper
- Shredded cheddar for serving
- Sour cream for serving
- Cilantro for serving

Instructions:

1. In a large pot over medium heat, heat olive oil. Add onion, bell pepper, and carrots. Sauté until soft, about 5 minutes. Add garlic and jalapeño and cook until fragrant, 1 minute.
2. Add tomato paste and stir to coat vegetables. Add tomatoes, beans, broth, and seasonings. Season with salt and pepper to taste.
3. Bring to a boil, then reduce the heat and let simmer for 30 minutes.
4. Serve with cheese, sour cream, and cilantro.

Recipe courtesy of [www.delish.com](#)



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