



An Independent Medical Examination (IME) is a medical examination performed by an independent medical specialist with qualifications relevant to your injury.

The medical specialist is not there to replace your treating doctor but to offer a specialist opinion.

Why am I going to an IME?

CMI has referred you for an IME to obtain an independent opinion regarding your injury diagnosis and prognosis, related injury management and treatment and potential to return to work. This information will assist with the management of your workers compensation claim; particularly when the facts may not be clear or where there may be different opinions about liability or treatment.

What will happen during the examination?

The medical specialist will try to understand the extent and cause of your injury. To do that they will ask you a range of questions about your injury and treatment to date, and will review copies of any medical documents, such as x-rays, treating specialist and allied health professional reports and plans, that you or CMI may have.

If your injury is physical they may conduct a physical examination. The physical examination will always be performed at an appropriate location and in a respectful, professional manner so as not to aggravate your condition.

You are not required to do any activity if you feel it is not safe to do so. If you feel you are unable to do something, let the medical specialist know and explain how you are feeling.

What do I need to do?

- Please arrive on or (preferably) before your scheduled appointment time
- Take all available medical documents that you have
- Wear comfortable clothing if a physical examination is likely to be undertaken
- Be as open and honest as you can to help the medical specialist understand your injury and illness.

What happens after the examination?

CMI will normally receive a report from the medical specialist within 10 working days of the examination. The information in the report is used to guide decisions relating to your return to work, injury management and your workers compensation claim.

You may request a copy of the examination report however; CMI is only obliged to release the report if it is relied upon to decline your claim.

How is an IME independent?

The medical specialist who conducts the examination does not work for CMI or the State Insurance Regulatory Authority (SIRA) and is obliged by workers compensation legislation to provide an independent opinion with respect to your injury, treatment and ability to return to work.

CMI works with a number of independent medical providers, all of who are separate entities over which CMI has no influence, control or jurisdiction.

For more information

You can find more information about Independent Medical Examinations on the SIRA website: www.sira.nsw.gov.au or contact your CMI case management team.