

# [Hiring Professional Help for an Insurance Claim](#)

The premiums you pay entitle you to coverage for losses and good service and you should not have to hire professional help to get a claim paid fairly. United Policyholders offers free, “road-tested” tips and information and support to help you be your own best advocate in getting the full benefits of your insurance coverage.

However, if you suffer a major loss involving a large sum of money, you may need to hire a professional help to get a full and fair settlement. Depending on your situation, you may need to hire a public adjuster, a lawyer, a construction estimator, an industrial hygienist or other type of expert. Insurance companies have experts, lawyers and claim professionals protecting their interests. You are entitled to the same. The [UP Professional Help Directory](#) will help you find professional help in your state.

**A good first step before hiring is to read the following tips:**

## **Legal Help**

- [Hiring an Attorney for an Insurance Claim](#)
- [What to Expect When You’re Suing an Insurance Company](#)
- [What’s UP with Insurance Class Action Lawsuits?](#)
- [Lawsuit Limitations in Insurance Policies: Protecting your legal rights at the one year anniversary](#)
- [Sample Attorney-Client Fee Agreement](#)
- [Bach Talk: In praise of contingency fees](#)

## **Claim Help**

- [Questions to Ask Before Hiring a Public Adjuster](#)
- [Making the Best Choice When Hiring a Public Adjuster](#)
- [Public Adjusters: The Inside Scoop](#)
- [Well Adjusted: Interviews with Public Adjuster](#)

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The information presented in this publication is for general informational purposes and is not a substitute for legal advice. If you have a specific legal issue or problem, United Policyholders recommends that you consult with an attorney. Guidance on hiring professional help can be found in the “Find Help” section of [www.uphelp.org](http://www.uphelp.org). United Policyholders does not sell insurance or certify, endorse or warrant any of the insurance products, vendors, or professionals identified on our website.

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## Construction Help

- [Rebuilding 101: A Guide to the Reconstruction Process](#)
- [Guidelines For Reviewing Adjusters' And Contractors' Estimates](#)
- [Questions to ask a contractor](#)

## Find Help

Visit the [Professional Help Directory](#) to find businesses and individuals in your state who represent consumer and business policyholders and have committed to support United Policyholders' work as an official Sponsor.