

Can the Insurance Company Use Your Social Media Against You After a New Mexico Car Accident?

What You Post After a Crash Can Create Problems for Your Claim

A photo from a family barbecue, a quick check-in from a weekend trip, or a smiling picture with friends may feel completely unrelated to a car accident. To an insurance company looking for reasons to question your injuries, however, even an ordinary social media post can become something very different.

After a serious crash, insurers often examine whether an injured person's daily activities match what has been reported to doctors and claimed as part of the case. A single photo rarely tells the whole story, but an adjuster may still try to use it to argue that someone is more active, less injured, or recovering faster than their medical records suggest.

At [Szantho Law Firm, P.C.](#), we know how easily an innocent post can be taken out of context. If you are pursuing a [New Mexico car accident claim](#), understanding how social media may be used can help you avoid creating unnecessary disputes while your case is pending.

How Can an Insurance Company Use Social Media Against You?

Insurance companies may look at public social media accounts when evaluating an injury claim. Photos, videos, comments, location tags, and even posts made by friends can potentially raise questions about what you are physically able to do after a crash.

An insurer might focus on:

- **Photos Showing Physical Activity:** A picture of you hiking, exercising, dancing, or doing yard work may be used to argue that your injuries are not limiting you as much as you claim.
- **Travel and Location Posts:** A vacation photo or check-in from an event may be presented as evidence that you can travel comfortably, even if the trip required medication, rest, or other accommodations.
- **Comments About Your Recovery:** A casual statement such as "feeling better today" may be taken out of context and treated as proof that you recovered, even if your symptoms returned later that afternoon.
- **Descriptions of the Accident:** Posting your version of what happened can create problems if it differs in any way from what you later tell the police, your doctor, or the insurance company.
- **Photos Posted By Other People:** Staying off your own account does not prevent friends or relatives from posting pictures that include you.

The issue is not that every social media post will damage a claim. The problem is that insurers may use a small piece of someone's life to tell a much bigger story than the post actually supports.

Can Social Media Posts Be Used as Evidence in New Mexico?

Yes. Social media posts, photos, and messages can potentially become part of a car accident case.

An insurance company may try to use online content to question your injuries, your physical limitations, or your version of how the crash happened. That does not mean every post will matter, but it does mean something shared online can later be used to challenge your claim.

A cautious approach is to assume that anything you post could potentially become relevant to the insurance company or the case.

Should You Stop Posting About the Accident?

Generally, posting details about the accident or claim can create more problems than benefits.

A person recovering from a crash may understandably want to tell friends what happened or provide updates about their recovery. The difficulty is that those updates may later be read by people who were never the intended audience.

Statements about who caused the crash can also become important if fault is disputed, especially when an insurance adjuster or defense attorney examines them months later.

It is usually safer to avoid posting about:

- **How the Accident Happened:** Do not speculate about speed, fault, or what another driver may have been doing.
- **Your Injuries:** Social media is not the right place to document whether you feel better or worse on a particular day.
- **Medical Treatment:** Details about appointments, procedures, medications, and recovery are better discussed with your doctors and attorney.
- **The Insurance Company:** Angry posts about the adjuster, settlement negotiations, or the claims process may create another issue for your attorney to address.
- **Legal Strategy:** Conversations with your lawyer should remain between you and your legal team.

There is little upside to giving the insurance company additional material to interpret while your claim is being evaluated.

Should You Delete Old Posts After an Accident?

Do not start deleting posts simply because you are worried they may look bad.

Deleting existing social media content after a claim or lawsuit has begun can raise separate questions about whether relevant evidence was destroyed. The safest approach is to speak with your attorney before making significant changes to content that already exists.

You can still become more cautious about what you post going forward.

Will Making Your Account Private Protect Your Claim?

Privacy settings can reduce what strangers can easily see, but they should not create a false sense of security.

A private account does not necessarily mean the content can never become relevant in a legal case. Once litigation begins, disputes can arise over access to information that may relate to the injuries, activities, or other issues involved in the lawsuit.

Privacy settings can also change, friends can share posts, and screenshots can continue to exist even after content is no longer visible on your profile.

The better approach is to assume that anything posted online could eventually be seen outside your intended audience.

What If the Insurance Company Already Found a Post?

Finding a social media post does not automatically destroy a claim.

The first step is to understand exactly what the post shows and whether the insurer is presenting it fairly. A photograph can be misleading when it is separated from the circumstances surrounding it.

For example, someone with a knee injury may appear in a photograph standing beside friends at a concert. That does not show how long the person stood, whether they used a brace, whether they spent most of the event seated, or how much pain they experienced afterward.

Medical documentation can be important when social media is being used to challenge an injury. [Delaying medical treatment after a New Mexico car accident](#) can already allow an insurer to question whether injuries were caused by the crash.

If an insurer raises a specific post, show it to your attorney rather than trying to explain it directly to the adjuster yourself.

Can Social Media Affect How Much Compensation You Recover?

A car accident claim may include compensation for medical expenses, lost income, pain, physical limitations, and other losses caused by the collision. If an insurer believes social media content contradicts those claimed losses, it may use the content to justify a lower settlement offer.

The insurer still has to consider the medical evidence and the complete circumstances. One photograph does not erase months of treatment, diagnostic testing, or documented physical limitations.

However, unnecessary social media disputes can make an already difficult claim more complicated.

How Can You Protect Yourself on Social Media After a Crash?

You do not have to disappear from the internet, but being cautious is usually a good idea while a serious injury claim is pending.

Consider a few practical habits:

- Avoid discussing the crash, injuries, or insurance claim online.
- Review privacy settings without assuming they make your posts completely private.
- Ask friends and relatives not to tag you in photos or discuss your accident.
- Do not accept unfamiliar friend or follower requests simply because you have mutual connections.
- Avoid commenting publicly on activities that could be misunderstood.
- Speak with your attorney before deleting existing posts related to the accident or your injuries.

Do Not Let a Social Media Post Tell the Story of Your Injuries

Insurance companies evaluate claims by looking for evidence that supports their position, and social media can provide another place for them to look. A photograph or comment may capture a few seconds of your life, but it rarely shows the pain, treatment, and limitations that fill the hours around it.

At [Szantho Law Firm, P.C.](#), we carefully review the evidence behind serious New Mexico car accident claims and respond when insurers try to use isolated information to minimize legitimate injuries. We represent people injured in Albuquerque, Santa Fe, and communities throughout New Mexico.

If an insurance company is questioning your injuries or using social media content to challenge your claim, [contact us](#) for a free case evaluation. We can review what the insurer is relying on and help you determine the best way to move forward.