



Omar A. Behnawa

Partner

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Omar Behnawa is a Partner in our San Diego office. He joined LFLM in 2008, and represents employers and insurance carriers in all aspects of state workers' compensation law including §132a and Serious and Willful injury claims.

Mr. Behnawa regularly provides training to employers, claims personnel and other attorneys. This involves extensive training on virtually all state workers' compensation related issues, including but not limited to MPN issues, panel QME specialty disputes, implications of State Bill 863, UR/ IMR constitutionality issues, supplemental job displacement benefits and lien issues. Mr. Behnawa also provides training to attorneys on aggressive defense of claims, applicant/ doctor depositions, conferences/ hearings, Trials and the Appellate process.

Honors & Awards

- Outstanding Young Attorney Nominee – San Diego Daily Transcript 2009/ 2010

Publications

- *PQME Shopping: Defense Strategies when Applicant Lands the First Punch*, LFLM Newsletter - Fall 2010

Speaking Engagements

- *The 100% Nightmare: How to Effectively Manage the Total Permanent Disability Claim*, Public Agency Risk Management Association (PARMA) Conference 2016
- *SB 863 - The River Wild: Navigating the Rapids of the New Medical Treatment Regime (IMR/ UR/ MPN)*, LFLM Spring Seminar Series 2013
- *PQME Rules/ Specialty Disputes*, presentation for several major insurance carriers, 2016, 2014 and 2012
- *Medical Provider Network (MPN) Rules/ Regulations* for a major self-insured employer, 2011
- *Medical Control/ Case Law*, for a major insurance carrier, 2010

Practice Areas

- **Workers' Compensation Defense**
- **Labor Code §132a Discrimination**
- **Labor Code §4553 Serious and Willful Misconduct**

Certifications

- Certified Workers' Compensation Specialist by the State Bar of California Board of Legal Specialization

Admitted to Practice

- The State Bar of California, 2007

Education

- Seton Hall University School of Law, Juris Doctor, 2007
 - Kaplen Foundation Scholarship recipient
 - Jessup International Law Competition - Best Memorandum (Spring 2007)
- San Diego State University, Bachelor of Arts in Political Science, 2002
 - Dean's List