

ALL VETS SHOULD COPY THIS

Someone has gone to a lot of trouble. If this helps one person, then it was worthwhile... Pass on to all veterans!

Below are web-sites that provide information on Veterans benefits and how to file/ask for them. Accordingly, there are many sites that explain how to obtain books, military/medical records, information and how to appeal a denied claim with the VA. Please pass this information on to every Veteran you know. Nearly 100% of this information is free and available for all veterans, the only catch is: you have to ask for it, because they won't tell you about a specific benefit unless you ask for it. You need to know what questions to ask so the right doors open for you -- and then be ready to have an advocate who is willing to work with and for you, stay in the process, and press for your rights and your best interests.

Appeals http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc

Board of Veteran's Appeals <http://www.va.gov/vbs/bva/>

CARES Commission <http://www.va.gov/vbs/bva/>

CARES Draft National Plan <http://www1.va.gov/cares/page.cfm?pg=105>

Center for Minority Veterans <http://www1.va.gov/centerforminorityveterans/>

Center for Veterans Enterprise <http://www.vetbiz.gov/default2.htm>

Center for Women Veterans <http://www1.va.gov/womenvet/>

Clarification on the changes in VA healthcare for Gulf War Veterans

<http://www.gulfwarvets.com/ubb/Forum1/HTML/000016.html>

Classified Records - American Gulf War Veterans Assoc <http://www.gulfwarvets.com/ubb/Forum18/HTML/000011.html>

Compensation for Disabilities Associated with the Gulf War Service

http://www.warms.vba.va.gov/admin21/m21_1/part6/ch07.doc

Compensation Rate Tables, 12-1-03 <http://www.vba.va.gov/bln/21/Rates/comp01.htm>

Department of Veterans Affairs Home Page <http://www.va.gov/>

Directory of Veterans Service Organizations <http://www1.va.gov/vso/index.cfm?template=view>

Disability Examination Worksheets Index, Comp <http://www.vba.va.gov/bln/21/Benefits/exams/index.htm>

Due Process http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02.doc

Duty to Assist http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch01.doc

Electronic Code of Federal Regulations <http://www.gpoaccess.gov/ecfr/>

Emergency, Non-emergency, and Fee Basis Care <http://www1.va.gov/opa/vadocs/fedben.pdf>

Environmental Agents <http://www1.va.gov/environagents/>

Environmental Agents M10 http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002

Establishing Combat Veteran Eligibility http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315

EVALUATION PROTOCOL FOR GULF WAR AND IRAQI FREEDOM VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU) <http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC> and

http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1158

http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1158

See also,

Depleted Uranium Fact Sheet <http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc>

EVALUATION PROTOCOL FOR NON-GULF WAR VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU)

<http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC>

Fee Basis, PRIORITY FOR OUTPATIENT MEDICAL SERVICES AND INPATIENT HOSPITAL CARE

http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=206

Federal Benefits for Veterans and Dependents 2005 <http://www1.va.gov/opa/vadocs/fedben.pdf> OR,

http://www1.va.gov/opa/vadocs/current_benefits.htm

Forms and Records Request <http://www.va.gov/vaforms/>

General Compensation Provisions http://www.access.gpo.gov/uscode/title38/part_ii_chapter11_subchaptervi.html

Geriatrics and Extended Care <http://www1.va.gov/geriatricsshg/>

Guideline for Chronic Pain and Fatigue MUS-CPG http://www.oqp.med.va.gov/cpg/cpgn/mus/mus_base.htm

Guide to Gulf War Veteran's Health <http://www1.va.gov/gulfwar/docs/VHlgulfwar.pdf>
Gulf War Subject Index <http://www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A>
Gulf War Veteran's Illnesses Q&As <http://www1.va.gov/gulfwar/docs/GWIllnessesQandAsIB1041.pdf>
Hearings http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch04.doc
Homeless Veterans <http://www1.va.gov/homeless/>
HSR&D Home <http://www.hsr.d.research.va.gov/>
Index to Disability Examination Worksheets C&P exams <http://www.vba.va.gov/bln/21/benefits/exams/index.htm>
Ionizing Radiation <http://www1.va.gov/irad/>
Iraqi Freedom/Enduring Freedom Veterans VBA <http://www.vba.va.gov/EFIF/>
M 10 for spouses and children http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1007
M10 Part III Change 1 http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1008
M21-1 Table of Contents http://www.warms.vba.va.gov/M21_1.html
Mental Disorders, Schedule of Ratings http://www.warms.vba.va.gov/regs/38CFR/BOOKC/PART4/S4_130.DOC
Mental Health Program Guidelines http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1094
Mental Illness Research, Education and Clinical Centers <http://www.mirecc.med.va.gov/>
MS (Multiple Sclerosis) Centers of Excellence <http://www.va.gov/ms/about.asp>
My Health e Vet <http://www.myhealth.va.gov/>
NASDVA.COM National Association of State Directors <http://www.nasdva.com/>
National Center for Health Promotion and Disease Prevention <http://www.nchpdp.med.va.gov/postdeploymentlinks.asp>
Neurological Conditions and Convulsive Disorders, Schedule of Ratings
<http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4%5F124a.doc>
OMI (Office of Medical Inspector) <http://www.omi.cio.med.va.gov/>
Online VA Form 10-10EZ <https://www.1010ez.med.va.gov/sec/vha/1010ez/>
Parkinson's Disease and Related Neurodegenerative Disorders
<http://www1.va.gov/resdev/funding/solicitations/docs/parkinsons.pdf> and,
<http://www1.va.gov/padrece/>
Peacetime Disability Compensation http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131
Pension for Non-Service-Connected Disability or Death
http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteri.html
and, http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapterii.html
and, http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteriii.html
Persian Gulf Registry http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1003
This program is now referred to as Gulf War Registry Program (to include Operation Iraqi Freedom) as of March 7, 2005: http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1232
Persian Gulf Registry Referral Centers http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1006
Persian Gulf Veterans' Illnesses Research 1999, Annual Report To Congress
http://www1.va.gov/resdev/1999_Gulf_War_Veterans'_Illnesses_Appendices.doc
Persian Gulf Veterans' Illnesses Research 2002, Annual Report To Congress
http://www1.va.gov/resdev/prt/gulf_war_2002/GulfWarRpt02.pdf
Phase I PGR http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1004
Phase II PGR http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1005
Policy Manual Index <http://www.va.gov/publ/direc/eds/edsmps.htm>
Power of Attorney http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch03.doc
Project 112 (Including Project SHAD) <http://www1.va.gov/shad/>
Prosthetics Eligibility http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337
Public Health and Environmental Hazards Home Page <http://www.vethealth.cio.med.va.gov/>
Public Health/SARS <http://www.publichealth.va.gov/SARS/>
Publications Manuals <http://www1.va.gov/vhapublications/publications.cfm?Pub=4>
Publications and Reports http://www1.va.gov/resdev/prt/pubs_individual.cfm?webpage=gulf_war.htm
Records Center and Vault Homepage <http://www.aac.va.gov/vault/default.html>
Records Center and Vault Site Map <http://www.aac.va.gov/vault/sitemap.html>

REQUEST FOR AND CONSENT TO RELEASE OF INFORMATION FROM CLAIMANT'S RECORDS

<http://www.forms.va.gov/va/Internet/VARF/getformharness.asp?formName=3288-form.xft>

Research Advisory Committee on Gulf War Veterans Illnesses April 11, 2002 http://www1.va.gov/rac-gwvi/docs/Minutes_April112002.doc

Research Advisory Committee on Gulf War Veterans Illnesses http://www1.va.gov/rac-gwvi/docs/ReportandRecommendations_2004.pdf

Research and Development http://www.appc1.va.gov/resdev/programs/all_programs.cfm

Survivor's and Dependents' Educational Assistance http://www.access.gpo.gov/uscode/title38/partiii_chapter35_.html

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Parts 0-17

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl

Part 18

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl

Title 38

Part 3 Adjudication

Subpart A--Pension, Compensation, and Dependency and Indemnity Compensation

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl

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Pensions, Bonuses & Veterans Relief

(also see § 3.317 Compensation for certain disabilities due to undiagnosed illnesses found here)

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl

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PART 4--SCHEDULE FOR RATING DISABILITIES

Subpart B--DISABILITY RATINGS

target=_blank>

[ab7641afd195c84a49a2067dbbcf95c0&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38](http://www.ecfr.gov/cgi-bin/typlive?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl)

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§ 4.16 Total disability ratings for compensation based on unemployability of the individual. PART 4--SCHEDULE FOR RATING DISABILITIES

Subpart A--General Policy in Rating <http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div8&view=text&node=38:1.0.1.1.5.1.96.11&idno=38>

U.S. Court of Appeals for Veterans Claims <http://www.vetapp.gov/>

VA Best Practice Manual for Posttraumatic Stress Disorder (PTSD)

<http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf>

VA Fact Sheet <http://www1.va.gov/opa/fact/gwfs.html>

VA Health Care Eligibility <http://www.va.gov/healtheligibility/home/hecmain.asp>

VA INSTITUTING GLOBAL ASSESSMENT OF FUNCTION (GAF) <http://www.avapl.org/gaf/gaf.html>

VA Life Insurance Handbook--Chapter 3

<http://www.insurance.va.gov/inForceGliSite/GLIhandbook/glibookletch3.htm#310>

VA Loan Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm

VA MS Research <http://www.va.gov/ms/about.asp>

VA National Hepatitis C Program <http://www.hepatitis.va.gov/>

VA Office of Research and Development <http://www1.va.gov/resdev/>
VA Trainee Pocket Card on Gulf War <http://www.va.gov/OAA/pocketcard/gulfwar.asp>
VA WMD EMSHG <http://www1.va.gov/emshg/>
VA WRIISC-DC <http://www.va.gov/WRIISC-DC/>
VAOIG Hotline Telephone Number and Address <http://www.va.gov/oig/hotline/hotline3.htm>
Vet Center Eligibility - Readjustment Counseling Service <http://www.va.gov/rccs/Eligibility.htm>
Veterans Benefits Administration Main Web Page <http://www.vba.va.gov/>
Veterans Legal and Benefits Information <http://valaw.org/>
VHA Forms, Publications, Manuals <http://www1.va.gov/vhapublications/>
VHA Programs - Clinical Programs & Initiatives http://www1.va.gov/health_benefits/page.cfm?pg=13
VHA Public Health Strategic Health Care Group Home Page <http://www.publichealth.va.gov/>
VHI Guide to Gulf War Veterans' (tm) Health http://www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp
Vocational Rehabilitation <http://www.vba.va.gov/bln/vre/>
Vocational Rehabilitation Subsistence <http://www.vba.va.gov/bln/vre/InterSubsistencefy04.doc>
VONAPP online <http://vabenefits.vba.va.gov/vonapp/main.asp>
WARMS - 38 CFR Book C <http://www.warms.vba.va.gov/bookc.html>
Wartime Disability Compensation http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1110
War-Related Illness and Injury Study Center - New Jersey <http://www.wri.med.va.gov/>
Welcome to the GI Bill Web Site <http://www.gibill.va.gov/>
What VA Social Workers Do <http://www1.va.gov/socialwork/page.cfm?pg=3>
WRIISC Patient Eligibility <http://www.illegion.org/va1.html>