

ALL VETS SHOULD COPY THIS

Comment: If this helps one person, then it was worthwhile. Please pass this on to all Veterans on your e-mail list. 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.

Department of Veterans' Affairs Web pages:

home page <http://www.va.gov/>
Directory of Veterans Service Organizations <http://www1.va.gov/vso/index.cfm?template=view>
Vet Center Eligibility - Readjustment Counseling Service <http://www.va.gov/rcs/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/>
Eligibility <http://www.va.gov/elig/>
Appeals http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc
Board of Veteran's Appeals www.bva.va.gov/
Understanding the Appeal Process: www.va.gov/CENTERFORMINORITYVETERANS/docs/.../FVECAppeals.pdf
US Dept of Veteran Affairs Appeals http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc
<http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc>
CARES Commission <http://www1.va.gov/opa/pressrel/pressrelease.cfm?id=729>
CARES Draft National Plan <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=644>
Forms and Records Request <http://www.va.gov/vaforms/>
Publications Manuals <http://www1.va.gov/vhapublications/publications.cfm?Pub=4>
Records Center and Vault Homepage www.rcv.va.gov/
Online VA Form 10-10EZ <https://www.1010ez.med.va.gov/sec/vha/1010ez/>
2005 Federal Benefits for Vets& Dependents booklet: www.dublin.va.gov/docs/Vets-Internet-Info-010609.doc
Celebrating America's Freedoms: www.va.gov/opa/publications/celebrate_americas_freedoms.asp

Geriatrics and Extended Care <http://www1.va.gov/geriatricsshg/>
 Emergency, Non-emergency, and Fee Basis Care <http://www.nonvacare.va.gov/>
 Environmental Agents Military Exposures www.publichealth.va.gov/exposures/
 Guideline for Chronic Pain and Fatigue MUS-CPG http://www.oqp.med.va.gov/cpg/cpgn/mus/mus_base.htm
 VA Programs for Senior Veterans: <http://www.va.gov/seniors>
 VA's Cool Stuff for Young People: <http://www.va.gov/kids>
 Programs & Initiatives for Women Veterans: <http://www.va.gov/womenvet>
 Benefits Administration: <http://www.vba.va.gov>
 National Cemetery Administration <http://www.cem.va.gov>
 My Health e Vet <http://www.myhealth.va.gov/>
 Homeless Veterans <http://www1.va.gov/homeless/>
 OMI (Office of Medical Inspector) <http://www.omi.cio.med.va.gov/>
 HSR&D Home <http://www.hsr.d.research.va.gov/>
 Electronic Code of Federal Regulations http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=/ecfrbrowse/Title38/38tab_02.tpl
 National Center for Health Promotion and Disease Prevention
http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4_124a.doc
 Welcome to the GI Bill Web Site <http://www.gibill.va.gov/>
 Policy Manual Index <http://www.va.gov/publ/direc/eds/edsmps.htm>

National Archives & Records Administration:

Code of Federal Regulations: <http://www.gpoaccess.gov/cfr/index.html>
 Military Personnel Records Center: <http://www.archives.gov/>
 U.S. Congress – for legislative bills, votes and actions <http://thomas.loc.gov>
 U.S. Government Manual <http://www.gpoaccess.gov/gmanual/index.html>
 Women's Mental Health Center <http://www.womenvetsPTSD.va.gov>
 National Association of Atomic Veterans <http://www.naav.com>
 Chemical Warfare page <http://www.chem.sc.edu/faculty/morgan/resources/cw/cw.pdf>
 Agent Orange Website <http://www.publichealth.va.gov/exposures/agentorange/>
 VA Fact Sheets www.vba.va.gov/vba/benefits/factsheets/
 National Center for PTSD www.ptsd.va.gov/
 Gulf War Veterans Information <http://www.va.gov/gulfwar/>
 National Gulf War Resource Center <http://www.ngwrc.org>

VA Diabetes page <http://www.va.gov/diabetes>
 VA Hepatitis C page <http://www.hepatitis.va.gov/>
 Department of Defense Military Health System
 Vet Centers (Readjustment Counseling) [h http://www.tricare.mil/](http://www.tricare.mil/)
 MS (Multiple Sclerosis) Centers of Excellence <http://www.va.gov/rcs/Index.htm>
 Guideline Chronic Pain and Fatigue MUS-CPG www.va.gov/ms/
 Ionizing Radiation http://www.oqp.med.va.gov/cpg/cpgn/mus/mus_base.htm
 Parkinson's disease and Related Neurodegenerative Disorders
<http://www.research.va.gov/funding/solicitations/docs/parkinsons.pdf>
 War-Related Illness and Injury Study Center - New Jersey <http://www.wri.med.va.gov/>
 Establishing Combat Veteran Eligibility www.richmond.va.gov/features/Combat_Veteran_Eligibility.asp
 EVALUATION PROTOCOL FOR GULF WAR AND IRAQI FREEDOM VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED
 URANIUM (DU) http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1158
 See also, Depleted Uranium Fact Sheet <http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc>
 National Center for Health Promotion and Disease Prevention www.prevention.va.gov/
 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 and Development http://www.appc1.va.gov/resdev/programs/all_programs.cfm

Veterans' Organizations

Directory of Veterans Service Organizations <http://www1.va.gov/vso/index.cfm?template=view>
 American Legion: <http://www.legion.org>
 AMVETS National: <http://www.amvets.org>
 Disabled American Veterans: <http://www.dav.org>
 Gulf War Veterans: <http://www.gulfweb.org/>
 Jewish War Veterans: <http://www.jwv.org/>
 Military Order of the Purple Heart: <http://www.purpleheart.org>
 Paralyzed Veterans of American: <http://www.pva.org>
 Vietnam veterans of American: <http://www.vva.org>
 National Veterans Organization www.nvo.org/

Centers

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

Center for Veterans Enterprise
Center for Women Veterans

www.vetbiz.gov/
<http://www1.va.gov/womenvet/>

Gulf War

Changes in VA healthcare for Gulf War Vets www1.va.gov/opa/vadocs/gwvi_draft_report.pdf
Classified Records - American Gulf War Veterans Assoc www.va.gov/
Comp for Disabilities Assoc w/ Gulf War http://www.warms.vba.va.gov/admin21/m21_1/part6/ch07.doc
Evaluation Protocol for Non-Gulf War Vets with Potential exposure to depleted uranium
www.edmond111.org/page17/page17.html
Depleted Uranium Fact Sheet www.au.af.mil/au/awc/awcgate/dod/du_factsheet_4aug98.htm
Guide to Gulf War Veteran's Health www.publichealth.va.gov/docs/vhi/caring-for-gulf-war-veterans-vhi.pdf
Gulf War Veteran's Illnesses Q&As www.va.gov/gulfwar/
Persian Gulf Registry <http://www.ncbi.nlm.nih.gov/pubmed/11873533>
Persian Gulf Registry Referral Centers www.publichealth.va.gov/docs/gulfwar/gw_newsletter_dec95.pdf
Persian Gulf Veterans' Illnesses Research 1999, Annual Report To Congress
www.research.va.gov/resources/pubs/GulfWarRpt99.cfm and
www.research.va.gov/resources/pubs/docs/1999_Gulf_War_Illnesses.doc
VA Trainee Pocket Card on Gulf War <http://www.va.gov/OAA/pocketcard/gulfwar.asp>

OIF/OEF

Iraqi Freedom/Enduring Freedom Vets VBA www.oefoif.va.gov
Establishing Combat Veteran Eligibility
https://ebenefits.custhelp.com/app/answers/detail/a_id/866/~eligibility-for-oif%2Foef-veterans

Compensation

Compensation Rate Tables, 12-1-03 <http://www.vba.va.gov/bln/21/Rates/comp01.htm>
Directory of Veterans Service Organizations <http://www1.va.gov/vso/index.cfm?template=view>
Disability Examination Worksheets Index <http://www.vba.va.gov/bln/21/Benefits/exams/index.htm>
Peacetime Disability Compensation http://frwebgate.access.gpo.gov/cgi-in/getdoc.cgi?dbname=browse_usc&docid=Cite:oUSC1131
General Compensation Provisions <http://www.vba.va.gov/bln/21/Reference/index.htm>
Index to Disability Examination Worksheets C&P exams <http://www.vba.va.gov/bln/21/benefits/exams/index.htm>
Pension for Non-Service-Connected Disability or Death www.vba.va.gov/bln/21/pension/vetpen.htm

Title 38 Part 3 Adjudication Subpart A "Pension, Compensation, and Dependency and Indemnity Compensation

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

Title 38 Pensions, Bonuses & Veterans Relief (also Â§ 3.317 Compensation for certain disabilities due to undiagnosed illnesses found here)

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

Title 38 Index Parts 0-17
http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl

Part 18
http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl

Title 38 PART 4--SCHEDULE FOR RATING DISABILITIES Subpart B--DISABILITY RATINGS

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=ab7641afd195c84a49a2067dbbcf95c0&rqn=div6&view=text&node=38:1.0.1.1.5.2&idno=38>

Title 38Â§ 4.16 Total disability ratings for compensation based on unemployability of the individual. PART A "SCHEDULE FOR RATING DISABILITIES Subpart A "General Policy in Rating

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rqn=div8&view=text&node=38:1.0.1.1.5.1..96.11&idno=38>

Index to Disability Examination Worksheets C&P exams <http://www.vba.va.gov/bln/21/benefits/exams/index.htm>

Hearings http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch04.doc

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

M10 for spouses and children http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1007

M10 Part III Change 1 http://www.amvets.org/pdfs/legislative_pdfs/2012/Listing-of-Veteran-Benefits-Resources.pdf

M21-1 Table of Contents www.benefits.va.gov/warms/m21_1.asp

Mental Health

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 www.desertpacific.mirecc.va.gov/

Neurological Conditions and Convulsive Disorders, Schedule of Ratings

<http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4%5F124a.doc>

Prosthetics Eligibility http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337

VHA Public Health Strategic Health Care Group Home Page <http://www.publichealth.va.gov/>

<<http://www.publichealth.va.gov/>>

Vocational Rehabilitation <http://www.vba.va.gov/bln/vre/>
My Health e Vet <http://www.myhealth.va.gov/>
U.S. Court of Appeals for Veterans Claims <http://www.uscourts.cavc.gov/>
VA Best Practice Manual for Posttraumatic Stress Disorder (PTSD)
<http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf>
VA Loan Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm
VA National Hepatitis C Program <http://www.hepatitis.va.gov/>

Print this out and save it in your VA files. There may be a time for use in the future.