

Veterans Administration Contact Information

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.

I recommend that every Veteran who is contemplating filing for disability (or already has been awarded some disability) should read the Code of Federal Regulations (CFR); Title 38: Pensions, Bonuses, and Veterans' Relief. It is a bit of a read because it was written by Lawyers, but it is the Law that they VA is governed by and is a wealth of information related to benefits and, most importantly, it gives you the words that they VA needs to hear to relate to a disability or impairment. this CFR can be found at (<http://www.law.cornell.edu/cfr/cfr.php?title=38&type=chapter&value=1>). I recommend that you print and read chapters 3 Adjudication and 4 Schedule for rating disabilities Many of the other chapters are listed below.....

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/enviragents/>
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

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/partii_chapter11_subchaptervi_.html

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

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/>

M10 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.nchdpd.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/parkinson_s.pdf and,

<http://www1.va.gov/padrecc/>

Peacetime Disability Compensation <http://frwebgate.access.gpo.gov/cgi->

[bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131](http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteri.html)

Pension for Non-Service-Connected Disability or

Deathhttp://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 Registryhttp://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/vh>

[apublications/ViewPublication.asp?pub_ID=1006](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1006)

Persian Gulf Veterans' Illnesses Research 1999, Annual Report To

Congresshttp://www1.va.gov/resdev/1999_Gulf_War_Veterans'_Illnesses_Appendices.doc

Persian Gulf Veterans' Illnesses Research 2002, Annual Report To

Congresshttp://www1.va.gov/resdev/prt/gulf_war_2002/GulfWarRpt02.pdf

Phase I PGRhttp://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1004

Phase II PGRhttp://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1005

Policy Manual Index<http://www.va.gov/publ/direc/eds/edsmps.htm>

Power of Attorneyhttp://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch03.doc

Project 112 (Including Project SHAD)<http://www1.va.gov/shad/>

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

Public Health and Environmental Hazards=2 0Home 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 Reportshttp://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-](http://www1.va.gov/rac-gwvi/docs/Minutes_April112002.doc)

[gwvi/docs/Minutes_April112002.doc](http://www1.va.gov/rac-gwvi/docs/Minutes_April112002.doc)

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

[gwvi/docs/ReportandRecommendations_2004.pdf](http://www1.va.gov/rac-gwvi/docs/ReportandRecommendations_2004.pdf)

Research and Developmenthttp://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

Title 38 Index:

Parts 0-17

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

[1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl](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=](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl)

[1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl](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=1b0c269b510d3157fbf8f8801bc9b3](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl)

[dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl](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 A 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

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A 4.16 Total disability ratings for compensation based on unemployability of the individual. PART 4a"SCHEDULE FOR RATING DISABILITIES

Subpart Aa"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 a" Chapter

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

VA Loan Lending Limits and Jumbo Loanshttp://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/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/>

VHA Programs - Clinical Programs &

Initiativeshttp://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)

Healthhttp://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 Compensationhttp://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>