VETEFITS GUIDE

Preparing to talk with a Veterans Service Officer

Saturday, November 14, 2026, 12 to 5 PM
1015 E. 70th Ave., Suite A, Denver, CO 80229

Welcome

Welcome. VETEFITS is a free benefits stand down for veterans and their families.

Prepared by VETEFITS from VA and Colorado sources.

This guide helps you get ready to talk about VA benefits. It explains how claims generally work, what to bring, and what to ask. Please register free before you come. If you can't, you can register at the check-in table when you arrive.

Rules can change, and your situation is your own. Only VA can decide a claim. An accredited representative can advise you about yours.[3]

> **VETEFITS is not the VA and does not file claims or guarantee benefits.**

If you are in crisis, or worried about a veteran, dial 988 and then Press 1. It's free, private, and open 24 hours a day. You don't need to be enrolled in VA benefits.[57]

Sources read November 4, 2026. Rules change. Check VA.gov. The full source list is on page 11.

Preparing for your conversation

A Veterans Service Organization (VSO) is a group that helps veterans with VA claims. A service officer is the person you talk to. Each Colorado county also has a veterans service office that offers free help.[3,55]

We are arranging for service officers from county veterans offices and veterans organizations to be there on November 14.

If you meet with a service officer

Plan on about 20 minutes. The goal is to start your claims process with an Intent to File, if you want one, and a hand-off. Bring your DD-214 and your biggest question, and leave knowing who will represent you.

These steps can help you use the time well:

1. **Write down your questions.** Start with the one that matters most to you.
2. **List your conditions.** Include when each one started and how it affects your day.
3. **Think about what happened in service.** Note the places, dates and units you remember.
4. **Bring what you have.** You don't need everything. See the list on the next page.
5. **Ask if they are accredited.** Accreditation is a VA credential given to each person. You can look anyone up on VA's search page.[4]
6. **Ask what happens next.** Leave knowing who does what.

What help costs, and who chooses

> Help from an accredited VSO representative on a VA claim is always free. Accredited attorneys and claims agents may charge fees, generally only after VA has made a first decision on the claim.
>
> VA does not assign you a representative. You choose one, and choosing a new one replaces the one you had.[3,58]

What your representative can see: the form you sign lets VA release your records to the group you appoint. VA may also let that group's representative view your VA records electronically, read-only, and only for your claim. That access isn't automatic, so ask what yours can see.[5,63]

What to bring

> **Keep your originals.** Bring your own copies, or use a phone photo. Don't leave originals with anyone other than a representative you have chosen.

Recommended

- [ ] A photo ID, if you have one.
- [ ] Your DD-214, if you have it. A photo on your phone is fine. It saves time with a service officer.[8]
- [ ] A short list of your conditions or questions.
- [ ] Your rough dates of service, and where you served.
- [ ] The family member who helps you keep track of things, if you like.
- [ ] Reading glasses, if you use them.

If applicable

- [ ] Any VA decision letters you have received.[9]
- [ ] Copies of medical records from doctors outside VA. You don't have to have these to file a claim.[7]
- [ ] Names and addresses of doctors and hospitals that treated you, with rough dates. VA can ask for those records if you give permission on VA Forms 21-4142 and 21-4142a.[12,13]
- [ ] Dates and places of marriages and divorces, and your children's birth dates. Bring copies of the papers if you have them. VA generally accepts your written statement of these facts, but it can ask for documents.[60]
- [ ] Bank details for direct deposit, only if you're ready to file a claim. VA's claim form has a section for your account and routing numbers. You do not need these to attend.[11,29]
- [ ] The name of any representative you have now.[3]

Come anyway

Nothing is required to attend. If you can't find your DD-214, come anyway. VA can request it for you when you apply, and VA explains other ways to ask for it.[28]

About your private information

VETEFITS never asks for your Social Security number, claim number, disability rating, diagnosis or medical records.

An accredited representative may ask for your Social Security number on a VA form. The Intent to File form asks for it, and so does the form for adding dependents. You give it to the representative, on the government's form, and never to us.[2,61]

Don't send your records, your Social Security number or your bank details by email to anyone at VETEFITS.

Intent to File

An Intent to File tells VA that you plan to file a claim. It can set a possible start date for your benefits, called an effective date.[1]

What it does

- It gives you 1 year to finish and file your claim.[1]
- If VA approves your claim, you may be able to get back payments to that date.[1]
- It gives you time to gather what you need.[7]

What it does not do

- It is not a claim. You still have to file one within the year.[1]
- It does not guarantee approval or payment.[1]
- It does not carry over to a different benefit. Disability compensation and pension each need their own.[1]

> VA says you can have only 1 active Intent to File at a time. Once you file your claim, it no longer sets the date for other claims. Ask your representative how this fits your plans.[1]

How to do it

You can do it online, by phone, by mail with VA Form 21-0966, or in person.[1,2]

If you start a disability claim online while signed in, VA sets the date for you. You don't need a separate form.[1,7]

It covers disability compensation, pension, and survivors' benefits (Survivors Pension and D.I.C.).[1,2]

Read VA's page: Your Intent to File a VA Claim.[1]

Want a head start? You can fill out VA Form 21-0966 at home and bring it. Hand it only to the service officer you choose.[2]

On the day

- **Forms on hand:** two VA forms, 21-0966 and 21-22. Service officers can also bring their own. Every filled-in form stays with you or the service officer you choose, never with VETEFITS.
- **Family:** You may bring a family member into your conversation if you want to. The service officer may also ask to speak with you alone.
- **Copies:** There is no copier for veterans. Phone photos only: a check-in volunteer can help you take one on your own phone. Nothing goes onto VETEFITS or Earth Saving Solutions equipment.

How claims generally work

Every claim is different. These are the general steps.

For an original claim, VA generally needs to see three things:

A current physical or mental condition	An event, injury or illness in service	A link between the two

For some conditions, VA presumes the link, so you don't have to prove it. These are called presumptive conditions. The PACT Act added many for toxic exposures.[8,30,56]

1. **Get help if you want it.** Choose a representative, if you want one. You appoint a VSO on VA Form 21-22, or an attorney or claims agent on VA Form 21-22a. Read the form first. It lets the group act for you with VA and see your records. You can change your mind later.[3,5,6]
2. **Protect your date.** Think about an Intent to File if you need time.[1]
3. **Gather what you have.** This can include records from doctors and statements from you or people who know you. You don't have to wait for every paper. VA says you don't have to send evidence with your claim, and it gives you up to a year after it receives your claim to turn evidence in.[7,8]
4. **File the claim.** Use VA Form 21-526EZ, or file online, by mail, in person, or with a representative. Some people file a "fully developed claim" and send everything at once. VA moves it to a standard claim if it needs more records.[7,11,62]
5. **VA gathers evidence.** VA reviews what you sent and may ask for more. It can request some records for you. Read every letter from VA.[9,62]
6. **You may have a claim exam.** VA or a contractor schedules this by letter, phone or email. Some exams are by phone or video. Others are in person.[10]
   - Contractors try to find a location within 50 miles of your home, or 100 miles for a specialist. In some areas it may be farther, and VA asks your permission first.[10]
   - Travel may be repaid. Check VA's page for how.[10,36]
   - You don't need to bring anything. Send any new non-VA records before the exam.[10]

   > **Don't miss your exam.** Missing an exam can delay your claim, and VA may decide using only the evidence it has. In some cases a claim can be denied. If you can't go, tell your representative and contact the scheduler right away. VA's page explains how to reschedule.[10,59]
7. **VA decides and sends a letter.** You can read the decision letter online, and VA mails a copy. Read how VA reached its decision.[9]

How long does it take? It varies. It depends on the type of claim, how many conditions you claimed, how complex they are, and how long it takes to collect evidence. VA posts a current average on its page. An average is not a promise.[9]

How to check your claim: sign in to VA's claim status tool. It shows your claim's status and the evidence on file. Papers that you mailed, faxed or brought in may not show there, so check with VA about those.[27]

Personal and buddy statements

A statement is your own account, in your own words. You don't need special training. Other people who know about your condition or what happened can write one too.[8]

VA says you can send a statement. Its evidence page does not ask for one for each condition. Ask your representative where a statement would help.[8]

- **VA Form 21-10210, Lay/Witness Statement.** It is often called a "buddy statement." You, a family member or a friend can use it.[14]
- **VA Form 21-4138, Statement in Support of Claim.** It is for added details that don't fit on another form.[15]

Your representative can tell you which one fits.

General tips (these are suggestions, not VA rules)

- **Tell the truth.** Write what really happened and what really happens now. Don't add to it, and don't leave out the good days. The signer certifies that a statement is true, and false statements carry penalties.[14]
- **Be clear.** Write for a reader who was never in your unit. Spell out jobs, places and short forms.
- **Be specific.** Give dates, places and names when you can. If you aren't sure of a date, say "about."
- **Say how it affects you.** Think about work, sleep, family and the things you used to do.
- **Have others write what they saw.** They should write only what they personally know, and say how they know you.[14]
- **Keep it neat.** Typed or neatly handwritten both work.
- **Get help if you want it.** Someone can help with spelling and with getting it on paper. The facts have to be yours.

If you claim a mental health condition, ask your representative which forms and statements fit. VA may ask for VA Form 21-0781.[11]

We don't provide sample statements to copy. Your statement should sound like you.

After filing

- **Watch your mail and email.** VA or a contractor may contact you.[9,10]
- **Answer letters.** You generally don't need to do anything unless VA asks for more.[9]
- **Go to your exams.**[9,10]
- **Keep copies** of everything you send, and note the date you sent it.
- **Check your status** in the claim status tool.[27]
- **Update your address** with VA if you move, and tell your representative.
- **Know that new evidence can add time.** If you send more after VA has finished gathering evidence, your claim can return to that step.[9]

Disagreeing with a decision

If you disagree with a VA decision, you have three choices. Your best choice depends on whether you have new evidence and how long ago the decision was. A representative can help. Look at the date on your decision letter.[16]

	Supplemental Claim	Higher-Level Review	Board Appeal
What it is	You send new and relevant evidence for VA to review.[17]	A senior reviewer looks at the same evidence for an error or a difference of opinion.[18]	A Veterans Law Judge at the Board of Veterans' Appeals reviews your case.[19]
New evidence?	Yes, unless your claim rests on a change in the law.[17]	No.[18]	Only in some options. You can pick direct review, evidence submission, or a hearing.[19]
Deadline	No fixed deadline, but filing within 1 year of your decision letter can keep your effective date.[23]	Within 1 year of your decision letter.[18]	Generally within 1 year of your decision letter. For contested claims, 60 days.[19]
Form	VA Form 20-0995[20]	VA Form 20-0996[21]	VA Form 10182[22]

"New" means VA has not considered it before. "Relevant" means it could prove or disprove something in your claim.[17]

A Higher-Level Review can include a short call called an informal conference. You ask for it on your request. If you have a representative, plan the call with them.[18]

You can't ask for a Higher-Level Review on an issue that already had one, or that already went to the Board.[18]

How long a review takes varies by choice. VA posts its goals on each page linked in this table.[17,18,19]

Decisions dated before February 19, 2019 may follow older rules. Ask your representative.[16]

Understanding ratings

VA does not add your ratings together. Each rating applies to the ability you have left after the one before it. VA calls this the "whole person" approach, and the total never passes 100%.[24,25]

Example only. This is not your rating.

Say a veteran has one condition rated 50% and another rated 30%.

Start with the higher rating. 50% leaves 50% remaining.	The 30% applies to what remains. 30% of 50 is 15.	Add them.	Round to the nearest 10. Numbers ending in 5 round up.[24,25]
50	**15**	**50 + 15 = 65**	**65 becomes 70%**

With more than two ratings, VA keeps going in order and rounds only at the end.[24]

Special rules can apply, such as the bilateral factor for conditions affecting both arms or both legs.[26]

Your rating is set by VA. Use VA's page to learn more, and ask your representative about yours.[24]

Possible federal and Colorado benefits

This is a general guide, not a promise. Benefits depend on your service, discharge, rating, income, location and the law. Only the agency that runs a benefit can decide. VA's links show current amounts.

Benefit	General eligibility	Also depends on	Official link
Disability compensation	A current condition linked to your service	Discharge, evidence, your rating	VA[30]
VA health care	Veterans who enroll. Care for a service-connected condition is free.	Priority group, income, location. At 50% or more, no copays.	Costs[33] Priority groups[34]
VA dental care	Any needed care for a service-connected dental condition with compensation, former POWs, or a 100% rating or unemployability paid at 100%. Temporary 100% does not count.	Your dental class. Some classes get limited care. Enroll in VA health care first.	VA[35]
Travel pay for care	A rating of 30% or more, or travel to treat a service-connected condition, among other routes	VA care, or community care VA has approved; file within 30 days	VA[36]
Added pay for dependents	A combined rating of at least 30%	Spouse; child under 18, or 18 to 23 in school full time, or disabled before 18; dependent parent by income	VA[32] Rates[31]

Benefit	General eligibility	Also depends on	Official link
Special Monthly Compensation	Certain severe disabilities or daily care needs	Specific rules, for example a single 100% rating plus a separate 60%, or being permanently housebound	VA[40,41]
Individual Unemployability	Unable to hold steady work because of service-connected disabilities	Usually one rating of 60%, or 70% combined with one at 40%	VA[42]
Veteran Readiness and Employment	A rating of at least 10% and no dishonorable discharge	A counselor decides. Time limits may apply to older discharges.	VA[37]
Commissary, exchange and MWR retail	Veterans with a VA-documented service-connected rating, Purple Heart recipients, former POWs	You need the right ID, such as a Veteran Health Identification Card.	DoD fact sheet, Oct 2023[45]
DoD ID card	Veterans rated 100%, or 100% unemployability	Ask VA for the certification.	VA Form 21-8760[45,46]
Dependents' education (DEA, Chapter 35)	Spouse or child of a veteran with a permanent and total service-connected disability, or who died of one, among other routes	Age and time limits vary. VA may also prescribe special restorative training, not medical care, for an eligible child or spouse whose own disability makes education harder (some exceptions).	VA[38] 38 CFR 21.3300[64,65]
CHAMPVA	Spouse or child of a veteran rated 100% and not expected to improve, certain survivors	Not if eligible for or enrolled in TRICARE	VA[39]
VA home loan funding fee waiver	Receiving VA compensation, or eligible but receiving retirement or active pay instead, among other routes	Your VA regional loan center can confirm.	VA[43]
Burial and plot allowances	Paid to the person who paid burial costs	How the veteran died, and whether they were receiving compensation or pension, among other things	VA[44]
PACT Act	Veterans and survivors with toxic exposure from covered service	Where and when you served. If denied before, you can file a Supplemental Claim.	VA[56]
Firefighting foam (AFFF) and PFAS	VA says there are currently no presumptions for PFAS exposure in the military. You may still file a claim, and VA decides it case by case.	Your evidence. Tell the service officer about any exposure.	VA[67]

Benefit	General eligibility	Also depends on	Official link
Federal hiring preference	Veterans with a service-connected disability may get 10 points on federal jobs.	Service dates, discharge, proof of disability	OPM SF-15[48]
30 Percent or More Disabled Veteran authority	A compensable service-connected rating of 30% or more	An agency may choose to appoint without competition. You must qualify for the job.	OPM[47]
Military retired pay and VA pay together (often called CRDP)	Military retirees with a VA rating of 50% or more may receive both in full.	Disability retirees (Chapter 61) follow other rules: under 20 years of service, it does not apply; with 20 or more, the amount can be limited.	DFAS[49] 10 U.S.C. 1414[66]
Colorado property tax exemption	Honorably discharged, rated 100% permanent or individual unemployability. Certain surviving and Gold Star spouses too. 50% of the first $200,000 of a primary home's actual value is exempt (read Nov 4, 2026).	Own and live in the home since January 1. Apply to your county assessor by July 1.	Colorado[50,51]
Colorado Disabled Veteran license plate	Honorable discharge and a letter showing a 50% or greater service-connected disability	Apply at your county motor vehicle office.	Colorado[52]
Colorado state parks	Free entry with that plate or a Purple Heart plate. The Independence Pass is another route for veterans rated 50% or more.	The veteran must be in the vehicle. No camping discount with the plate.	CPW[53]
Colorado lifetime small game and fishing license	Colorado residents with a combined rating of 50% or more, or a Purple Heart	Hunter education for the small game part	CPW[54]

Official resources

How to file a VA disability claim[7]
va.gov/disability/how-to-file-claim/

Check a claim or appeal[27]
va.gov/claim-or-appeal-status/

Find an accredited representative[3]
va.gov/get-help-from-accredited-representative/

Colorado county veterans service offices[55]
vets.colorado.gov/county-veterans-service-offices

About disability ratings[24]
va.gov/disability/about-disability-ratings/

VETEFITS event line: (720) 242-5977
VETEFITS can't discuss your claim.

Intent to File[1]
va.gov/resources/your-intent-to-file-a-va-claim/

Decision reviews and appeals[16]
va.gov/decision-reviews/

VA's accreditation search[4]
va.gov/ogc/apps/accreditation/index.asp

Request your DD-214[28]
va.gov/records/get-military-service-records/

Veterans Crisis Line: dial 988, then Press 1[57]
veteranscrisisline.net

Sources

All read by VETEFITS on November 4, 2026. No accredited representative reviewed this guide. Only an accredited representative can advise you on your claim. Rules change, so check VA.gov. A page's own date may be older. Small numbers in this guide point to this list.

Intent to File and representation

1. VA, Your Intent to File a VA Claim. va.gov/resources/your-intent-to-file-a-va-claim/
2. VA Form 21-0966, rev. May 2026. va.gov/find-forms/about-form-21-0966/
3. VA, Get Help From an Accredited Representative. va.gov/get-help-from-accredited-representative/
4. VA Office of General Counsel, Accreditation Search. va.gov/ogc/apps/accreditation/index.asp
5. VA Form 21-22, rev. Jul 2023. va.gov/find-forms/about-form-21-22/
6. VA Form 21-22a, rev. Jul 2023. va.gov/find-forms/about-form-21-22a/

Claims and evidence

7. VA, How to File a VA Disability Claim. va.gov/disability/how-to-file-claim/
8. VA, Evidence Needed for Your Disability Claim. va.gov/disability/how-to-file-claim/evidence-needed/
9. VA, After You File Your Claim. va.gov/disability/after-you-file-claim/
10. VA, VA Claim Exam. va.gov/disability/va-claim-exam/
11. VA Form 21-526EZ, rev. Jan 2026. va.gov/find-forms/about-form-21-526ez/
12. VA Form 21-4142, rev. Aug 2024. va.gov/find-forms/about-form-21-4142/
13. VA Form 21-4142a, rev. Aug 2024. va.gov/find-forms/about-form-21-4142a/
14. VA Form 21-10210, PDF dated Jul 2024. va.gov/find-forms/about-form-21-10210/
15. VA Form 21-4138, rev. Jul 2024. va.gov/find-forms/about-form-21-4138/

Decision reviews

16. VA, Decision Reviews. va.gov/decision-reviews/
17. VA, Supplemental Claims. va.gov/decision-reviews/supplemental-claim/
18. VA, Higher-Level Reviews. va.gov/decision-reviews/higher-level-review/
19. VA, Board Appeals. va.gov/decision-reviews/board-appeal/
20. VA Form 20-0995, rev. May 2024. va.gov/find-forms/about-form-20-0995/
21. VA Form 20-0996, rev. Mar 2024. va.gov/find-forms/about-form-20-0996/
22. VA Form 10182, rev. Jun 2026. va.gov/find-forms/about-form-10182/
23. 38 CFR 3.2500 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec3-2500.pdf

Ratings

24. VA, About Disability Ratings. va.gov/disability/about-disability-ratings/
25. 38 CFR 4.25 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec4-25.pdf
26. 38 CFR 4.26 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec4-26.pdf

Other VA pages

27. VA, Check Your VA Claim or Appeal Status. va.gov/claim-or-appeal-status/
28. VA, Request Your Military Service Records. va.gov/records/get-military-service-records/
29. VA, Change Your Direct Deposit Information. va.gov/change-direct-deposit/
30. VA, Eligibility for Disability Compensation. va.gov/disability/eligibility/
31. VA, Veteran Disability Compensation Rates, effective Dec 1, 2025. va.gov/disability/compensation-rates/veteran-rates/
32. VA, Add or Remove Dependents. va.gov/disability/add-remove-dependent/
33. VA, Cost of Care. va.gov/health-care/about-va-health-benefits/cost-of-care/
34. VA, Priority Groups. va.gov/health-care/eligibility/priority-groups/
35. VA, Dental Care. va.gov/health-care/about-va-health-benefits/dental-care/
36. VA, Travel Pay. va.gov/health-care/get-reimbursed-for-travel-pay/
37. VA, Veteran Readiness and Employment Eligibility. va.gov/careers-employment/vocational-rehabilitation/eligibility/
38. VA, Dependents' Educational Assistance. va.gov/education/survivor-dependent-benefits/dependents-education-assistance/
39. VA, CHAMPVA. va.gov/health-care/family-caregiver-benefits/champva/
40. VA, Special Monthly Compensation Rates. va.gov/disability/compensation-rates/special-monthly-compensation-rates/
41. 38 CFR 3.350 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec3-350.pdf
42. VA, Individual Unemployability. va.gov/disability/eligibility/special-claims/unemployability/
43. VA, Funding Fee and Closing Costs. va.gov/housing-assistance/home-loans/funding-fee-and-closing-costs/
44. VA, Veterans Burial Allowance. va.gov/burials-memorials/veterans-burial-allowance/

Other federal agencies

45. Department of Defense, Expanding Access fact sheet, current as of Oct 2023. download.militaryonesource.mil/12038/MOS/Factsheets/expanding-access-fact-sheet.pdf
46. VA Form 21-8760. vba.va.gov/pubs/forms/VBA-21-8760-ARE.pdf
47. OPM, Special Hiring Authorities for Veterans. opm.gov/fedshirevets/hiring-officials/strategic-recruitment-and-hiring/veterans/
48. OPM, SF-15 Application for 10-Point Veteran Preference. opm.gov/forms/pdf_fill/sf15.pdf
49. DFAS, Concurrent Military Retired Pay and VA Disability Compensation (archived copy, Oct 5, 2026). dfas.mil/retiredmilitary/disability/crdp/

Colorado

50. Division of Property Taxation, Property Tax Exemption for Veterans with a Disability and Gold Star Spouses. dpt.colorado.gov/property-tax-exemption-for-veterans-with-a-disability-and-gold-star-spouses
51. Division of Veterans Affairs, Property Tax Exemption. vets.colorado.gov/property-tax-exemption
52. Division of Veterans Affairs, Disabled Veteran License Services. vets.colorado.gov/disabled-veteran-license-services
53. Colorado Parks and Wildlife, Park Specialty Passes. cpw.state.co.us/park-specialty-passes
54. Colorado Parks and Wildlife, Hunters in the Military. cpw.state.co.us/activities/hunting/hunters-military
55. Division of Veterans Affairs, County Veterans Service Offices. vets.colorado.gov/county-veterans-service-offices

Toxic exposure, crisis line and further regulations

56. VA, The PACT Act and Your VA Benefits. va.gov/resources/the-pact-act-and-your-va-benefits/
57. Veterans Crisis Line. veteranscrisisline.net/
58. 38 CFR 14.636 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec14-636.pdf
59. 38 CFR 3.655 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec3-655.pdf
60. 38 CFR 3.204 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec3-204.pdf
61. VA Form 21-686c, rev. Aug 2025. vba.va.gov/pubs/forms/VBA-21-686c-ARE.pdf
62. VA, Fully Developed Claims. va.gov/disability/how-to-file-claim/evidence-needed/fully-developed-claims/
63. 38 CFR 1.600 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol1/pdf/CFR-2025-title38-vol1-sec1-600.pdf
64. 38 CFR 21.3300 (2025 edition). govinfo.gov/content/pkg/CFR-2025-title38-vol2/pdf/CFR-2025-title38-vol2-sec21-3300.pdf
65. 38 U.S.C. 3540 (Cornell LII copy). law.cornell.edu/uscode/text/38/3540
66. 10 U.S.C. 1414 (Cornell LII copy). law.cornell.edu/uscode/text/10/1414
67. VA Public Health, PFAS, page updated April 16, 2026. publichealth.va.gov/exposures/pfas.asp

Questions to ask

1. Are you accredited by VA, and with which organization?
2. Do I need an Intent to File now, or should I file?
3. Is there a deadline I need to watch?
4. What evidence would help most, and what can VA get on its own?
5. Should I file a fully developed claim or a standard claim?
6. Should I write a statement for each condition?
7. Who could write a buddy statement for me?
8. Could any of my conditions be presumptive, including under the PACT Act?
9. I'm already rated. Could filing again affect my current rating?
10. I was denied. Which choice fits me: Supplemental Claim, Higher-Level Review or Board Appeal?
11. Which benefits are worth checking for me and my family?
12. If I appoint you, what can you see, and what will you do for me?
13. How should I get papers to you, and who will keep my originals?
14. Who do I call if I get a letter I don't understand, or can't make an exam?
15. Does military retired pay affect my VA pay? Could special restorative training apply to my family?

Notes and next steps

Leave knowing who does what.

Who I talked to

What happens next

What I need to do

Notes