

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.

## Links for Veterans

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)

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](http://www.warms.vba.va.gov/admin21/m21_1/part6)

[http://www.warms.vba.va.gov/admin21/m21\\_1/part6/ch07.doc](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](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](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](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002)

Establishing Combat Veteran Eligibility: [http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=315](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](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](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](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](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> and <http://www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A&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/admi> -  
[http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch04.docn21/m21\\_1/mr/part1/ch04.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch04.docn21/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](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1007) -  
[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1007](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](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1008)

M21-1 Table of Contents: [http://www.warms.vba.va.gov/M21\\_1.html](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](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](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> -  
[http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4\\_124a.doc](http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4_124a.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/padrecc/>

Peacetime Disability Compensation: [http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse\\_usc](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc) -  
[http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse\\_usc&docid=Cite:+38USC1131&docid=Cite:+38USC1131](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131&docid=Cite:+38USC1131)

Pension for Non-Service-Connected Disability or Death:  
[http://www.access.gpo.gov/uscode/title38/partii\\_chapter15\\_subchapteri.html](http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteri.html) and,

[http://www.access.gpo.gov/uscode/title38/partii\\_chapter15\\_subchapterii\\_.html](http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapterii_.html) and,  
[http://www.access.gpo.gov/uscode/title38/partii\\_chapter15\\_subchapteriii\\_.html](http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteriii_.html)

Persian Gulf Registry: [http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1003](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](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](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](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](http://www1.va.gov/resdev/prt/gulf_war_2002/GulfWarRpt02.pdf)

Phase I PGR: [http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1004](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1004)

Phase II PGR: [http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1005](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](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](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](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](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](http://www1.va.gov/rac-gwvi/docs/ReportandRecommendations_2004.pdf)

Research and Development: [http://www.appc1.va.gov/resdev/programs/all\\_programs.cfm](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](http://www.access.gpo.gov/uscode/title38/partiii_chapter35_.html)

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Parts 0-17

[http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1\\_02.tpl&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1\\_02.tpl](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl&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](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl)>

[http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2\\_02.tpl&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2\\_02.tpl](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl)

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

[http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3\\_main\\_02.tpl&tpl=/ecfrbrowse/Title38/38cfr3\\_main\\_02.tpl](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl)

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Pensions, Bonuses & Veterans Relief

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

<http://ecfr.gpoaccess.gov/cgi/t/text/text->

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PART 4 - SCHEDULE FOR RATING DISABILITIES

Subpart B - DISABILITY RATINGS

target=\_blank>

<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=38ab7641afd195c84a49a2067dbbcf95c0>

<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&rqn=div6&view=text&node=38:1.0.1.1.5.2&idno=38>

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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>

<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&sid=1b0c269b510d3157fbf8f8801bc9b3dc>

<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&rqn=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/hecmmain.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](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/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 & Initiatives: [http://www1.va.gov/health\\_benefits/page.cfm?pg=13](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](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](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc) -  
[http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse\\_usc&docid=Cite:+38USC1110](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1110)>  
&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>