

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](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](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/geriatricsshg/>  
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/VHIGulfwar.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](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](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.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/padrecc/> Peacetime Disability Compensation

[http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse\\_usc&docid=Cite:+38USC1131](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](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.appcl.va.gov/resdev/programs/all\\_programs.cfm](http://www.appcl.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)

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

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

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

Title 38

Part 3 Adjudication

Subpart Aa"Pension, Compensation, and Dependency and Indemnity

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

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

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

Title 38

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

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

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

Title 38

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](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38)

[&idno](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38)

[=38](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38)

Title 38

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=](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div8&view=text&node=38:1.0.1.1.5.1.96.1)

[1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div8&view=text&node=38:1.0.1.1.5.1](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div8&view=text&node=38:1.0.1.1.5.1.96.1)

[.96.1](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div8&view=text&node=38:1.0.1.1.5.1.96.1)

[l&idno=38](http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div8&view=text&node=38:1.0.1.1.5.1.96.1)

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.h  
tm#31](http://www.insurance.va.gov/inForceGLISite/GLIhandbook/glibookletch3.htm#31)  
0  
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&docid=C  
ite:+38USC1110](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>