

ALL VETS SHOULD COPY THIS

**Comment:** Someone has gone to a lot of trouble. If this helps one person, then it was worthwhile. Please pass this on to all Veterans on you 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.

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%20ch07.doc](http://www.warms.vba.va.gov/admin21/m21_1/part6%20ch07.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/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](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/>

**M 10 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** <http://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.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)  
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](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](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl)  
Part 18  
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](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  $\S$  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](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_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&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38>  
Title 38  $\S$  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&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 " 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)  
<http://webmaila.juno.com/webmail/new/UrlBlockedError.aspx>>  
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=Cite:+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>

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