

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
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
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/geriatricsshg/>
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/>
M 10 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 <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
Pension for Non-Service-Connected Disability or Death
http://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 Registry
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
Persian Gulf Registry Referral Centers

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
Persian Gulf Veterans' Illnesses Research 2002, Annual Report To Congress
http://www1.va.gov/resdev/prt/gulf_war_2002/GulfWarRpt02.pdf
Phase I PGR http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1004
Phase II PGR 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
Project 112 (Including Project SHAD) <http://www1.va.gov/shad/>
Prosthetics Eligibility
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
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
Research Advisory Committee on Gulf War Veterans Illnesses
http://www1.va.gov/rac-gwvi/docs/ReportandRecommendations_2004.pdf
Research and Development 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
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
Part 18
http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl
Part 19
http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl
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
Title 38 Pensions, Bonuses & Veterans Relief (also Â§ 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
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 38Â§ 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
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://webmaila.juno.com/webmail/new/UriBlockedError.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
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
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.