

Date: **Fri, 5 Feb 2010**

## **Listing Of Veteran Benefits**

ALL VETS SHOULD COPY THIS

Someone has gone to a lot of trouble.. If this helps one person, then it was worthwhile.

Pass on to all veterans!

**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%20/ch07.doc](http://www.warms.vba.va.gov/admin21/m21_1/part6%20/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/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-](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131)

[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)

**Title 38 Part 3 Adjudication Subpart AAcAc,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 A,A 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 A,A 4.16 Total disability ratings for compensation based on unemployability of the individual.**

**PART 4AcAc,A!"SCHEDULE FOR RATING DISABILITIES Subpart AAcAc,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 AcAc,A!" 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 VeteransAcAc,A!(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 .