

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.

Note: All the below links were verified to be functional as of 30-Sep-2010

Center for Minority Veterans <http://www1.va.gov/centerforminorityveterans/>
Center for Women Veterans <http://www1.va.gov/womenvet/>
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>
Electronic Code of Federal Regulations <http://www.gpoaccess.gov/ecfr/>
Environmental Agents <http://www1.va.gov/environagents/>
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>
Forms and Records Request <http://www.va.gov/vaforms/>
Geriatrics and Extended Care <http://www1.va.gov/geriatricsshg/>
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>
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
My Health e Vet <http://www.myhealth.va.gov/>
NASDVA.COM <http://nasdva.com/>

National Association of State Directors <http://www.nasdva.com/>
Neurological Conditions and Convulsive Disorders, Schedule of Ratings
<http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4%5F124a.doc>
Parkinson's Disease and Related Neurodegenerative Disorders
<http://www1.va.gov/resdev/funding/solicitations/docs/parkinsons.pdf>
Peacetime Disability Compensation http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131
Prosthetics Eligibility
http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337
Publications Manuals <http://www1.va.gov/vhapublications/publications.cfm?Pub=4>
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 and Development http://www.appc1.va.gov/resdev/programs/all_programs.cfm
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
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 \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
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 Loan Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm
VA National Hepatitis C Program <http://www.hepatitis.va.gov/>
VA Trainee Pocket Card on Gulf War <http://www.va.gov/OAA/pocketcard/gulfwar.asp>
VA WMD EMSHG <http://www1.va.gov/emshg/>
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/>
<http://webmaila.juno.com/webmail/new/UrlBlockedError.aspx>>
Vocational Rehabilitation <http://www.vba.va.gov/bln/vre/>
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/>

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