

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. 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.

One word of caution, these sites/documents get renamed, changed, etc. We cannot maintain a full time effort to research these. If you provide an update via our contact e-mail, we will make a good effort to keep them current.

Also, some sites may not be governmental, and therefore may incur a cost for their services. It is your responsibility to understand what you are reading, and seeking to accomplish.

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/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

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://www.publichealth.va.gov/exposures/>

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://www.publichealth.va.gov/exposures/gulfwar/> 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 2010 edition http://www1.va.gov/opa/publications/benefits_book.asp
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 <http://www.healthquality.va.gov/>
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&A's <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 National Association of State Directors <http://www.nasdva.com/>

National Center for Health Promotion and Disease Prevention <http://www.prevention.va.gov/>
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:+8USC1131
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 Veterans' Illnesses Research 1999, Annual Report To Congress
<http://www.research.va.gov/resources/pubs/GulfWarRpt99.cfm>
Persian Gulf Veterans' Illnesses Research 2002, Annual Report To Congress
<http://www.research.va.gov/resources/pubs/GulfWarRpt02.cfm>
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://www1.va.gov/vapubs/>
Power of Attorney (see Part 1, Chapter 3) http://www.warms.vba.va.gov/m21_1mr.html
Prosthetics Eligibility http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337
Public Health and Environmental Hazards Home Page <http://www.publichealth.va.gov/>
Public Health/SARS <http://www.ncbi.nlm.nih.gov/pubmed/15550198>
Publications Manuals <http://www1.va.gov/vhapublications/publications.cfm?Pub=4>
Publications <http://www1.va.gov/vhapublications/>
Records Center and Vault Homepage <http://www.rev.va.gov/>
Records Center and Vault Site Map <http://www.aac.va.gov/vault/sitemap.html>
Request for and Consent to Release of Information for Claimants Records
http://www4.va.gov/vaforms/form_detail.asp?FormNo=3288
Research Advisory Committee on Gulf War Veterans Illnesses <http://www1.va.gov/rac-gwvi/>
Research Advisory Committee on Gulf War Veterans Illnesses Articles
http://www1.va.gov/RAC-GWVI/Recently_published_Gulf_War_Illness_related_Research_Articles.asp

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

Dependents' Educational Assistance Pamphlet (DEA) http://www.gibill.va.gov/pamphlets/ch35/CH35_Pamphlet.pdf

Title 38: Pensions, Bonuses, and Veterans' Relief

Indexes

Parts 0-17

http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=a29cd4bfe5c619a8a62c63f8e520c1dd&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl

Part 18

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=a29cd4bfe5c619a8a62c63f8e520c1dd&rgn=div5&view=text&node=38:2.0.1.1.1&idno=38>

PART 18a—DELEGATION OF RESPONSIBILITY IN CONNECTION WITH TITLE VI, CIVIL RIGHTS ACT OF 1964

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=a29cd4bfe5c619a8a62c63f8e520c1dd&rgn=div5&view=text&node=38:2.0.1.1.2&idno=38>

PART 18b—PRACTICE AND PROCEDURE UNDER TITLE VI OF THE CIVIL RIGHTS ACT OF 1964 AND PART 18 OF THIS CHAPTER

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=a29cd4bfe5c619a8a62c63f8e520c1dd&rgn=div5&view=text&node=38:2.0.1.1.3&idno=38>

Title 38

Part 3 Adjudication

Subpart "Pension, Compensation, and Dependency and Indemnity Compensation http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl

Title 38

Pensions, Bonuses & Veterans Relief

(also 3.317 Compensation for certain disabilities due to undiagnosed illnesses found here)

<http://cfr.vlex.com/vid/317-disabilities-due-undiagnosed-illnesses-19774036>

Title 38

PART 4--SCHEDULE FOR RATING DISABILITIES

Subpart B--DISABILITY RATINGS

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38>

Title 38

4.16 Total disability ratings for compensation based on unemployability of the individual. PART 4 "SCHEDULE FOR RATING DISABILITIES

Subpart "General Policy in Rating <http://www.warms.vba.va.gov/bookc.html#b1>

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 Sheets <http://www1.va.gov/opa/publications/factsheets.asp>

VA Health Care Eligibility <http://www4.va.gov/healtheligibility/>

VA Life Insurance Handbook <http://www.insurance.va.gov/sglisite/handbook/handbook.htm>

VA Life Insurance Handbook Chapter 3 <http://www.insurance.va.gov/sglisite/handbook/handbookch3.htm>

VA Loan Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm

VA MS Research <http://www.va.gov/ms/>

VA National Hepatitis C Program <http://www.hepatitis.va.gov/>

VA Office of Research and Development <http://www.research.va.gov/default.cfm>

VA Military Health History Pocket Card <http://www4.va.gov/oaa/pocketcard/FactSheet.asp>

VA OFFICE OF PUBLIC HEALTH AND ENVIRONMENTAL HAZARDS <http://www1.va.gov/emshg/>

VA WRIISC-DC <http://www.warrelatedillness.va.gov/dc/FAQs/faqs-veteran.asp>

VAOIG Hotline Telephone Number and Address <http://www4.va.gov/oig/contacts/hotline.asp>

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/vhapublications/>

VHA Public Health Strategic Health Care Group Home Page <http://www.publichealth.va.gov/>

VHI Guide to Gulf War Veterans Health <http://www.publichealth.va.gov/vethealthinitiative/index.asp>

Vocational Rehabilitation <http://www.vba.va.gov/bln/vre/>

Vocational Rehabilitation Subsistence <http://www.vba.va.gov/bln/vre/sa.htm>

Veterans Online Applications - VONAPP online <https://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://www.socialwork.va.gov/socialworkers.asp>

WRIISC http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1121