

VA Benefits Resource Web-Sites

Below are web-sites found 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 no one will 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:

Active Duty, National Guard and Reserve Members Returning from Participating In Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF):

<http://www.vba.va.gov/EFIF/index.htm>

Active Duty Personnel Death & Burial Benefits Overview:

http://www.military.com/Resources/ResourcesContent/0,13964,31526-mil_status_active-1,00.html

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 Association:

<http://www.gulfwarvets.com/ubb/Forum18/HTML/000011.html>

Combat-Related Special Compensation (CRSC): <http://www.crsc.army.mil/rso/rso.htm>

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>

Concurrent Retirement & Disability Pay (CRDP):

<http://www.military.com/Resources/ResourcesContent/0,13964,38349,00.html>

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>

Divorce & The Military Family: <www.militaryalmanac.com>

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>>

Enrollment Restriction <http://www.va.gov/healtheligibility/DOCS/FS16-3-EnrollmentRestriction.pdf>

Environmental Agents: <<http://www1.va.gov/environagents/>>

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 (2006 Edition):

<<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/>>

Freedom Team Salute Program: <<https://secureweb.hqda.pentagon.mil/ftspublic>>

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 TM 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/>

Incarcerated Veterans(Chapter 2 and 3) C&P

Exams:<http://vaww1.va.gov/CBO/policy/policyguides/index.asp?mode=infomap&id=@5.1.2>

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/>

M10 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/>

Military Benefits (complete listing): http://www.militarybenefits.com/military_active.html

Military Newsletters & Early Reports: newsltr@miltnews.com

Military Spouse Career Center: <http://www.military.com/spouse>

MS (Multiple Sclerosis) Centers of Excellence: <http://www.va.gov/ms/about.asp>

My Health e Vet: <http://www.myhealth.va.gov/>

National Archives and Records Administration Code for Federal Regulations:

<http://www.gpoaccess.gov/cfr/index.html>

National Association of State Directors of Veterans' Affairs (NASDVA): <http://www.nasdva.com>

National Coalition for Homeless Veterans: <www.nchv.org>

National Center for Health Promotion and Disease Prevention:

<<http://www.nchpdp.med.va.gov/postdeploymentlinks.asp>>

National Guard & Reserve Forces Almanac: <www.militaryalmanac.com>

National Guard & Reserve Member's TRICARE Benefits:

<<http://www.military.com/Resources/ResourcesContent/0,13964,68745--1,00.html>>

National Organization of Veterans' Advocates (NOVA): <<http://www.vetadvocates.com>>

National Personnel Records Center (NPRC):

<<http://www.archives.gov/veterans/evetrecs/index.html>>

Neurological Conditions and Convulsive Disorders, Schedule of Ratings:

<<http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4%5F124a.doc>>

<http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4_124a.doc>

NM Department of Labor (DOL) Veterans Connection: http://www.dol.state.nm.us/dol_vets.html>

NM Department of Veterans' Services: <www.state.nm.us/veterans>

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:á²USC1131)

[bin/getdoc.cgi?dbname=browse_usc&docid=Cite:á²USC1131](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:á²USC1131)>

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>

Note: 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'>](http://www1.va.gov/resdev/1999_Gulf_War_Veterans')

Illnesses_Appendices.doc:

[<http://www1.va.gov/resdev/1999_Gulf_War_Veterans%27_Illnesses_Appendices.doc>](http://www1.va.gov/resdev/1999_Gulf_War_Veterans%27_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>](http://www.va.gov/publ/direc/eds/edsmps.htm)

Post-Traumatic Stress Disorder (PTSD) information: [<http://www.ncptsd.va.gov>](http://www.ncptsd.va.gov),
[<http://www.tpromo.com/usvi/ptsd.htm>](http://www.tpromo.com/usvi/ptsd.htm), or [<www.veteransdisabilty.com>](http://www.veteransdisabilty.com)

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/>](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/>](http://www.vethealth.cio.med.va.gov/)

Public Health/SARS: [<http://www.publichealth.va.gov/SARS/>](http://www.publichealth.va.gov/SARS/)

Publication Manuals:

[<http://www1.va.gov/vhapublications/publications.cfm?Pub=4>](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>](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>

Retired Military Almanac: <www.militaryalmanac.com>

Soldiers' & Sailors' Civil Relief Act:
<http://www.military.com/NewsContent/0,13319,dod3_010704.00.html>

Survivor's Benefits: <<http://www.vba.va.gov/survivors>>

Survivor's and Dependents' Educational Assistance:
<http://www.access.gpo.gov/uscode/title38/partiii_chapter35_.html>

The Office of the Law Revision Counsel U.S. House of Representatives:
<<http://uscode.house.gov/lawrevisioncounsel.php>>

The Veteran's Survival Guide-How to File and Collect on VA Claims: <www.brasseysinc.com>

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>

Uniformed Services Almanac: <www.militaryalmanac.com>

U.S. Court of Appeals for Veterans Claims: <www.vetapp.uscourts.gov>

VA Agent Orange (Herbicide) Exposure Benefits Information:
<<http://www.vba.va.gov/bln/21/Benefits/Herbicide/AOno3.htm>>

VA Disability Calculator:
<http://www.vamrc.com/calculator/vetcalc.php?form_complete=1&VetName>

VA-Electronic Freedom of Information Act (FOIA) Reading Room:
<<http://www.va.gov/OIT/CIO/FOIA/default.asp>>

VA Fact Sheets, Programs & Issues: <<http://www1.va.gov/OPA/fact/index.htm>>

VA's Gateway to Better Health & Wellness:
<http://www.myhealthvet.va.gov/MHV.portal?JSESSIONID=CphStprVH3ZqL0QSyQk53vnrpbHKQTm1dK74LqymXGTsQSyTxLFv!1876599399!693676080&_nfpb=true&_pageLabel=myHealthVet>

VA Health Care & Benefits Information:

<http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1115>

VA Health Care Forms, Publications & Management:

<<http://www1.va.gov/vhapublications/publications.cfm?Pub=8>>

VA News Releases: <<http://www1.va.gov/opa/pressrel/pressarchinternet.cfm>>

VA-Recognized National Veterans' Service Officers: <www.appc1.va.gov/vso/index.cfm>

VA Vet Centers Listing: <<http://www.va.gov/rcs>>

Wounded Warriors Project: <<http://www.woundedwarriorproject.org>>

THE END.....