

Ep 6: What Veterans Should Gather Before Pursuing Their VA Disability Benefits

10 Point Checklist

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Ways for friends or family to support Veterans and what Veterans can do to start pursuing their VA disability benefits with this **10 point checklist**.

Winning Your VA Benefits



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10 Steps You Can Take Today

Ways for friends or family to support Veterans and what Veterans can do to start pursuing their VA disability benefits with this **10 point checklist**.

- File an intent to claim before proceeding with the full disability benefits claim. Doing so will establish the effective date and give the Veteran a more precise timeline for processing their claim.
- Be proactive and start taking the appropriate actions to collect all the documents needed, so all your ducks are in a row when you decide to file.
- Ensure that you get a full copy of your service medical records before proceeding with the claims process. Having complete documentation may give you a greater advantage when filing your disability claim.
- Consider the processing timeline. The turnaround time is anywhere from 12 to 14 months before you get your medical records back.
- In case your service-connected ailment is drastic, know that it's a possibility to reach out to your local Senator or Congressman to see if they can provide some assistance.
- Don't diagnose yourself based on your assumptions. Request a diagnosis from a medical expert by truthfully sharing your symptoms.
- Get medical tests such as MRI, ECG, etc., whenever you feel chronic pain. Getting the results from these tests can help give you more options for treatment.
- Visit [ebenefits.gov](#) for more insight on Veterans' benefits administration. It's an excellent outlet for getting the latest information needed in filing a claim.
- Start processing your disability claim as early as you can. The earlier you start, the faster you'll get what you deserve from your service to the country.
- Visit [Vet Comp & Pen Medical Consulting](#) and tune in to more episodes of [Winning Your VA Benefits podcast](#) to get more information and guidelines in pursuing your disabilities claim

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