

# HELLO.

Welcome to VA.  
Let's get started.

**VA**



U.S. Department  
of Veterans Affairs

## WHAT'S INSIDE?

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Understand how VA can meet your needs

**04**

### **YOUR ELIGIBILITY**

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### **YOUR EMERGENCY RESOURCES**

Find mental health resources and access immediate care

# Learn what VA can do for you

VA can support you and your loved ones in different ways throughout your life. Your VA Welcome Guide provides a broad overview of services VA can offer you. To access more information about VA benefits and services, **visit us online at Vets.gov**

GET HELP FOR YOURSELF OR A FRIEND IMMEDIATELY

Call the **Veterans Crisis Line** at **(800) 273-8255** and **press 1**, or refer to the inside back cover **(p23)** to find additional resources and access immediate care.



## Health Care

- Basic and Specialty Care
- Mental Health Care
- Long Term Care
- Crisis Support



## Finances

- Monthly Disability Payments
- Life Insurance
- Burial Allowances



## Housing

- Short Term Housing
- Home Loans
- Refinancing Options



## Employment

- Skills Training & Counseling
- Online Career Tools



## Education

- GI Bill
- Training Programs



## Memorialization

- Burial and Committal Services
- Headstones and Markers
- Burial Flags



## More Support

Organizations outside of VA can help you find the support you need:

- Veteran Service Organizations
- Local Community Resources

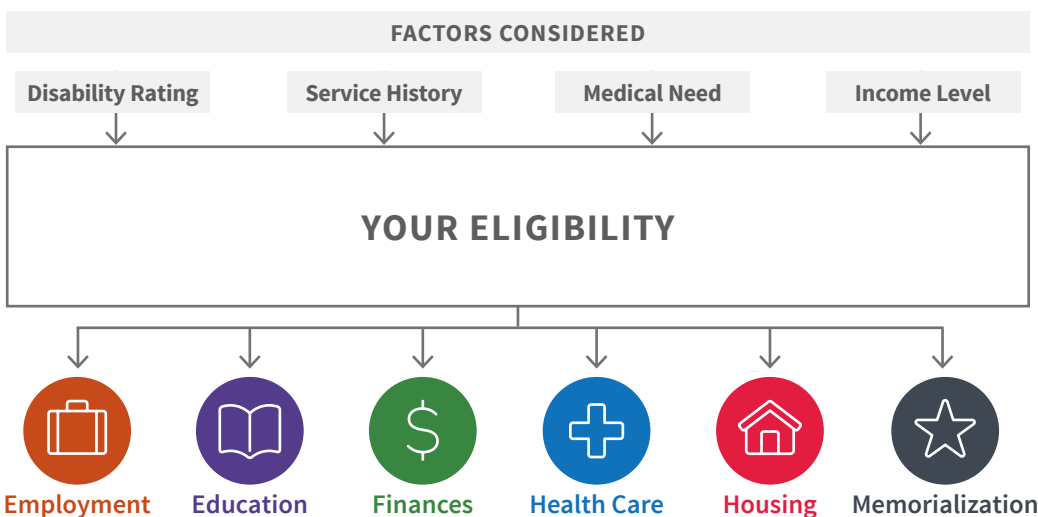
# Understand your eligibility

**Access to VA benefits and services depends on your eligibility.** Eligibility is determined using different factors depending on the benefit. While a lot of information is used to determine your eligibility for benefits, **one critical factor may be your disability rating.**

## What is eligibility?

VA uses “eligibility” to describe **the benefits and services a Veteran can access.** Each benefit you are trying to access may require a different set of eligibility factors. For example, you may be eligible for the GI Bill but not for VA Health Care. If you are interested in a certain benefit, work with VA to determine your eligibility.

## How is eligibility determined?



VA considers a different combination of factors for each benefit, which could include your **disability rating, service history, medical need, and income level.**

# Understand your disability rating

Your disability rating is one of several factors that affects your eligibility for benefits and services. **Your disability rating is important because there are a number of services available only to Veterans with a disability rating.**

## What is a disability rating?

A disability rating is a **rating VA gives you to describe how much your service-connected disability impacts your daily life.**

A “service-connected” disability is an injury, disease, or condition that you got or was made worse during your military service. **Disability ratings range from 0%–100%.** A 0% rating means your disability does not affect your everyday life. Any rating, including a 0%, makes you eligible for certain services. While you might feel your condition is not serious, you should still consider applying for a rating.

## How is a disability rating determined?

**You must file a claim for disability.** VA determines your rating based on the evidence you provide (which includes your medical records and DD214) and the severity of your condition. Once your claim is processed, you will receive a disability rating. To find out more about filing a claim, call (800) 827-1000 or visit [vets.gov/disability-benefits](https://vets.gov/disability-benefits)

## WHAT BENEFITS AND SERVICES CAN YOU ACCESS WITH A DISABILITY RATING?

*Some benefits and services include:*

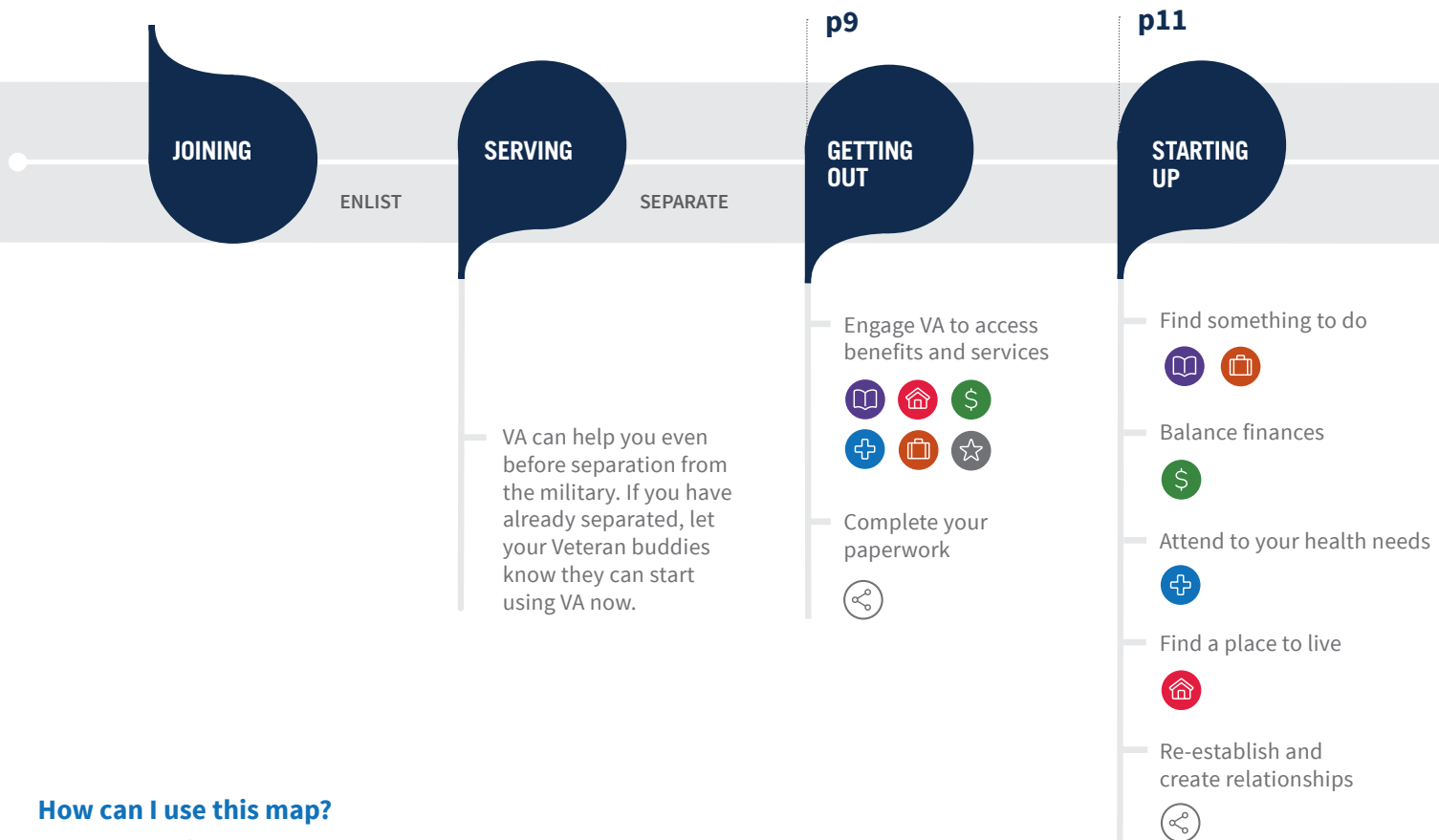
- Disability Compensation
- Vocational Rehabilitation & Employment (VR&E)
- Increased Health Care coverage
- Federal hiring preference
- VA Home Loan fee exemption

## WHERE CAN YOU GET IN-PERSON HELP?

*You can receive help preparing your claim from a **Veteran Service Organization (VSO)**. To find a VSO, visit [www.va.gov/ogc/apps/accreditation](https://www.va.gov/ogc/apps/accreditation) and search by state. You can also find VSO information on eBenefits: [www.ebenefits.va.gov/ebenefits/vso-search](https://www.ebenefits.va.gov/ebenefits/vso-search)*

# Find out where VA fits into your life

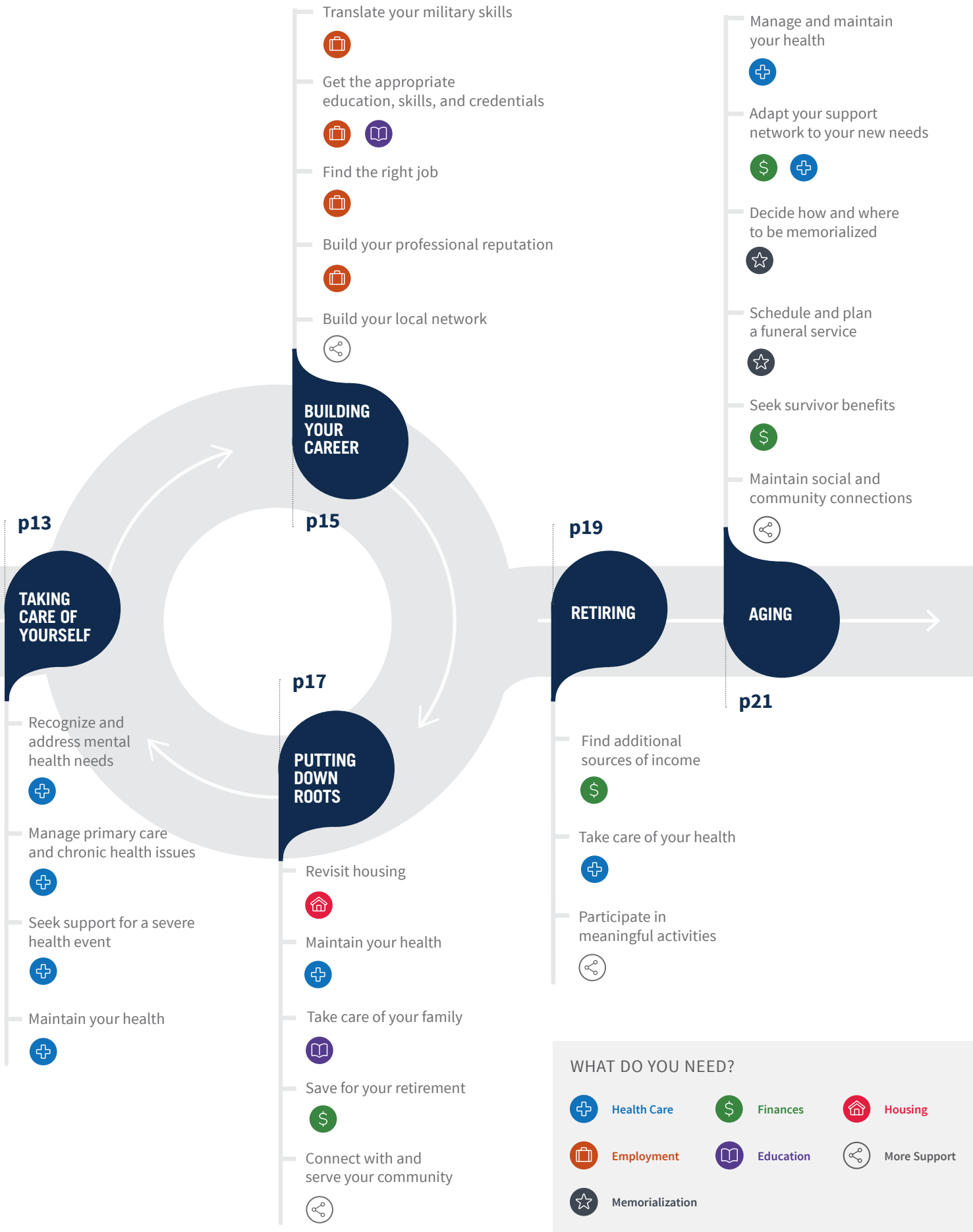
No two Veterans are the same. You might experience many of these important life moments in a different order. **Based on where you are in your life, VA can serve you in different ways.** Use this map to explore how VA can support you both now and in the future.

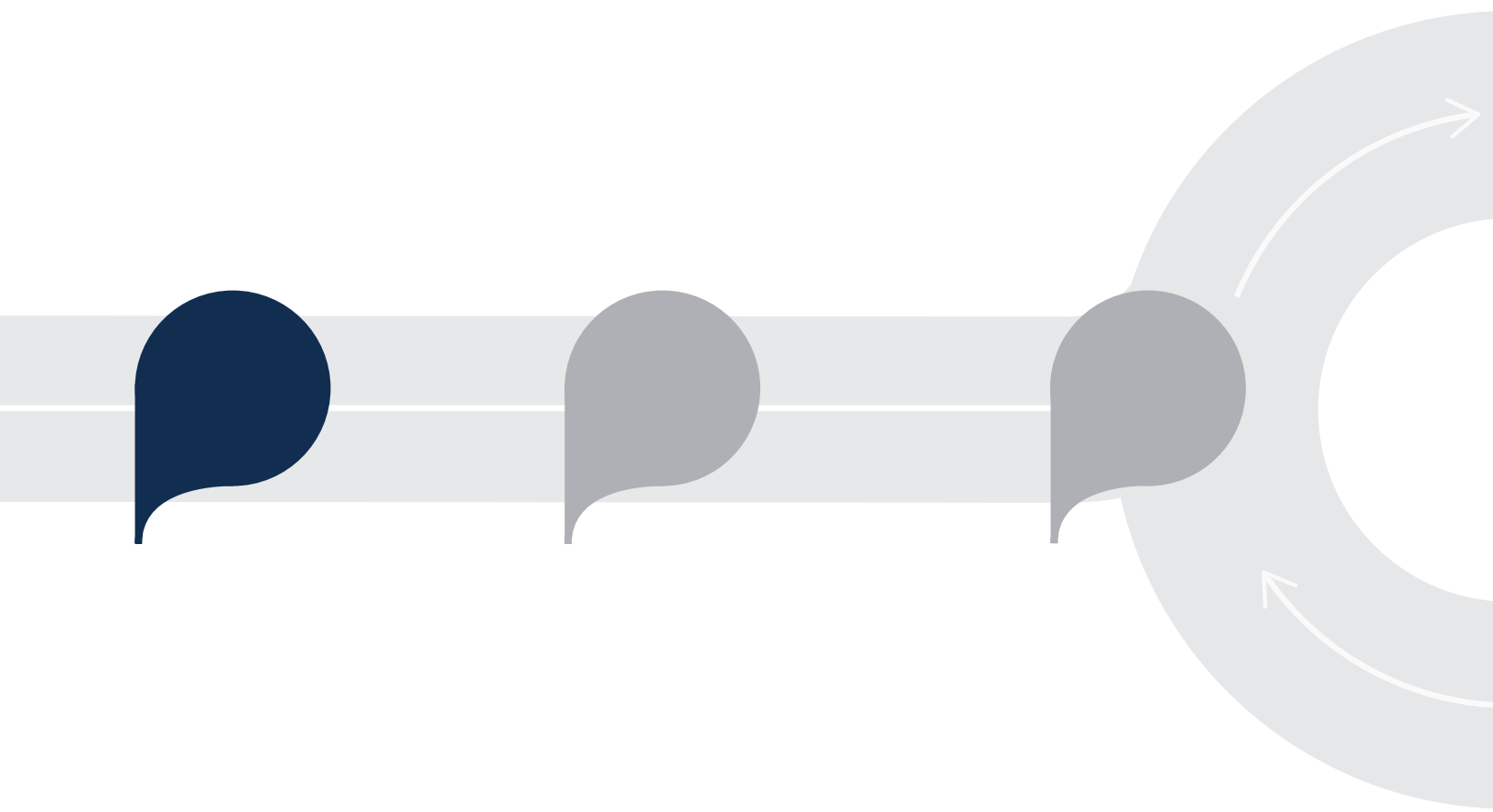


## How can I use this map?

- Determine where you are in your journey
- Review the benefits information for where you are in your journey
- Read ahead to discover how VA may be able to support you in the future

*If you are interested in a VA benefit, make sure to work with VA to determine your eligibility as soon as possible.*













Some ways VA can help  
you while you're...

# GETTING OUT



## GETTING OUT

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
			Find out more: <b>Vets.gov</b>	Ask us a question <b>MyVA311:</b> <b>(844) 698-2311</b>	Locate facilities: <b>vets.gov/</b> <b>facility-locator</b>
Engage VA to access benefits and services	 <b>Continue your education</b>	<b>GI Bill</b> <i>Helps pay for education for Veterans or their dependents</i>	<a href="https://vets.gov/education/gi-bill">vets.gov/education/gi-bill</a>	Education Center: (888) 442-4551  From Overseas: 001-918-781-5678	Your Regional Benefits Office
	 <b>Become a homeowner</b>	<b>VA Home Loan</b> <i>Home loan benefits for Veterans</i>	<a href="http://www.benefits.va.gov/homeloans">www.benefits.va.gov/homeloans</a>	Regional Loan Office: (877) 827-3702	Your Regional Benefits Office
	 <b>Apply for a disability rating</b>	<b>Disability Compensation</b> <i>Compensation paid to Veterans for a disability that occurred during service</i>	<a href="https://vets.gov/disability-benefits">vets.gov/disability-benefits</a>	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office or through your local Veteran Service Organization (VSO)
	 <b>Plan for your family's financial future</b>	<b>VA Life Insurance</b> <i>Life insurance for Veterans and their families</i>	<a href="http://www.benefits.va.gov/insurance">www.benefits.va.gov/insurance</a>	Life Insurance Line: (800) 419-1473	Your local VA Medical Center
	 <b>Apply for supplemental income</b>	<b>Veterans Pension</b> <i>Supplemental income available to low-income wartime Veterans</i>	<a href="http://www.benefits.va.gov/pension/vetpen.asp">www.benefits.va.gov/pension/vetpen.asp</a>	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office
	 <b>Apply for health care</b>	<b>VA Health Care</b> <i>Inpatient and outpatient health services at VA Medical Centers and clinics</i>	<a href="https://vets.gov/health-care">vets.gov/health-care</a>	Health Care Line: (877) 222-8387 (press 2)	Your local VA Medical Center
	 <b>Prepare to find a job</b>	<b>Careers and Employment</b> <i>Job search database, skills translator, and resume builder</i>	<a href="https://vets.gov/employment">vets.gov/employment</a>		
Complete your paperwork	 <b>Request your service records and discharge papers</b>	<b>eBenefits</b>	<a href="http://www.eBenefits.va.gov">www.eBenefits.va.gov</a>	National Personnel Records Center: (314) 801-0800	

## WHAT DO YOU NEED?



Health Care



Finances



Housing



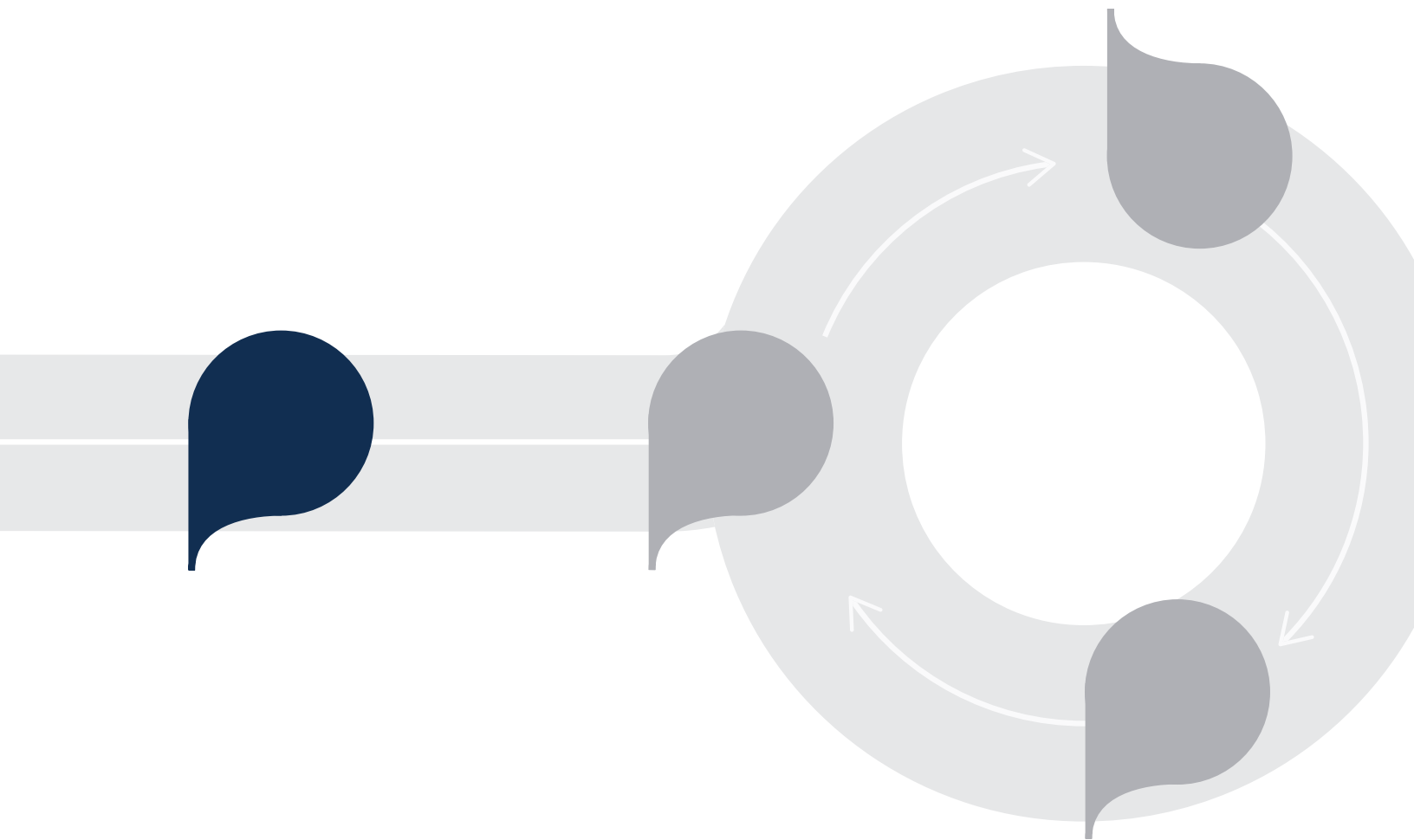
Employment



Education











More Support



Some ways VA can help  
you while you're...

# STARTING UP

## STARTING UP

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
			Find out more: <b>Vets.gov</b>	Ask us a question <b>MyVA311:</b> <b>(844) 698-2311</b>	Locate facilities: <b>vets.gov/facility-locator</b>
Find something to do	 <b>Continue your education</b>	<b>GI Bill</b> <i>Helps pay for education for Veterans or their dependents</i>	vets.gov/education/gi-bill	Education Center: (888) 442-4551  From Overseas: 001-918-781-5678	Your Regional Benefits Office
	 <b>Get help finding a job</b>	<b>Careers and Employment</b> <i>Job search database, skills translator, and resume builder</i>	vets.gov/employment		
Balance your finances	 <b>Apply for a disability rating</b>	<b>Disability Compensation</b> <i>Compensation paid to Veterans for a disability that occurred during service</i>	vets.gov/disability-benefits	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office or through your local Veteran Service Organization (VSO)
Attend to your health needs	 <b>Find a doctor</b>	<b>VA Health Care</b> <i>Inpatient and outpatient health services at VA Medical Centers and clinics</i>	vets.gov/health-care	Health Care Line: (877) 222-8387 (press 2)	Your local VA Medical Center
	 <b>Seek help for mental health needs</b>	<b>Mental Health Care</b> <i>Inpatient and outpatient mental health services</i>	www.mentalhealth.va.gov/gethelp.asp	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center or Vet Center
Find a place to live	 <b>Become a homeowner</b>	<b>VA Home Loan</b> <i>Home loan benefits for Veterans</i>	www.benefits.va.gov/homeloans	Regional Loan Office: (877) 827-3702	Your Regional Benefits Office
	 <b>Find housing to accommodate your disability</b>	<b>Adapted Housing Grants</b> <i>Financial help for Veterans to purchase or modify a home to meet special housing needs</i>	www.benefits.va.gov/homeloans/adaptedhousing.asp	Regional Loan Office: (877) 827-3702	Your Regional Benefits Office
Re-establish and create relationships	 <b>Meet Veterans and people who can help</b>	<b>Veteran Service Organizations (VSO)</b> <i>Variety of services and community opportunities for Veterans and their loved ones</i>	Find a VSO near you at: www.va.gov/ogc/apps/accreditation (search by state)  or www.eBenefits.va.gov/ebenefits/VSO-search		

## WHAT DO YOU NEED?



Health Care



Finances



Housing



Employment



Education



More Support



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you while you're...

# **TAKING CARE OF YOURSELF**

## TAKING CARE OF YOURSELF

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
			Find out more: <b>Vets.gov</b>	Ask us a question <b>MyVA311:</b> <b>(844) 698-2311</b>	Locate facilities: <b>vets.gov/</b> <b>facility-locator</b>
Recognize and address mental health needs	 <b>Address mental health needs</b>	<b>Mental Health Care</b> <i>Inpatient and outpatient mental health services</i>	<a href="http://www.mentalhealth.va.gov/gethelp.asp">www.mentalhealth.va.gov/gethelp.asp</a>	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center or Vet Center
	 <b>Use counseling services</b>	<b>Vet Center</b> <i>Counseling, outreach, and referral services to combat Veterans and their families</i>	<a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a>	Vet Center Line: (877) 927-8387	Your local Vet Center
Manage primary care and chronic health issues	 <b>Get regular medical care</b>	<b>VA Health Care</b> <i>Inpatient and outpatient health services at VA Medical Centers and clinics</i>	<a href="http://vets.gov/health-care">vets.gov/health-care</a>	Health Care Line: (877) 222-8387 (press 2)	Your local VA Medical Center
Seek support for a severe health event	 <b>Visit a doctor in your community</b>	<b>CHOICE Act / Care in the Community</b> <i>Covered access to non-VA health care</i>	<a href="http://www.va.gov/opa/choiceact">www.va.gov/opa/choiceact</a>	Veterans Choice Line: (866) 606-8198 (press 1)	Your local Medical Center or an approved CHOICE provider
	 <b>Get help in an emergency</b>	<b>Emergency Care</b> <i>Emergency medical care at a VA Medical Center or non-VA hospital with prior authorization</i>	<a href="http://www.va.gov/healthbenefits/access/emergency_care.asp">www.va.gov/healthbenefits/access/emergency_care.asp</a>	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center
Maintain your health	 <b>Get regular check-ups</b>	<b>Preventative Care</b> <i>Services such as vaccinations and health screenings</i>	<a href="http://www.va.gov/healthbenefits/access/preventative_care_services.asp">www.va.gov/healthbenefits/access/preventative_care_services.asp</a>	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center
	 <b>Get women-specific care</b>	<b>Women Veterans Health Care</b> <i>Women-specific health care</i>	<a href="http://www.womenshealth.va.gov">www.womenshealth.va.gov</a>	Women's Health Care Line: (855) 829-6636	Your local VA Medical Center
	 <b>Keep track of your health</b>	<b>My HealtheVet</b> <i>Online tool to make health decisions and manage care</i>	<a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a>	My HealtheVet Help Desk: (877) 327-0022	

## WHAT DO YOU NEED?












Some ways VA can help  
you while you're...

# **BUILDING YOUR CAREER**

## BUILDING YOUR CAREER

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
			Find out more: <b>Vets.gov</b>	Ask us a question <b>MyVA311:</b> <b>(844) 698-2311</b>	Locate facilities: <b>vets.gov/</b> <b>facility-locator</b>
Translate your military skills	 <b>Put your military skills to use</b>	<b>Careers and Employment</b> <i>Job search database, skills translator, and resume builder</i>	vets.gov/employment		
Get the appropriate education, skills, and credentials	 <b>Continue your education</b>	<b>GI Bill</b> <i>Helps pay for education for Veterans or their dependents</i>	vets.gov/education/gi-bill	Education Center: (888) 442-4551  From Overseas: 001-918-781-5678	
	 <b>Get help finding a job that suits your disability</b>	<b>Vocational Rehabilitation and Employment (VR&amp;E)</b> <i>Personalized job training, employment accommodations, and resume development</i>	www.benefits.va.gov/vocrehab/index.asp	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office
Find the right job	 <b>Explore your job options</b>	<b>Careers and Employment</b> <i>Job search database, skills translator, and resume builder</i>	vets.gov/employment		
	 <b>Consider working for the federal government</b>	<b>Veterans' Preference</b> <i>Gives Veterans an advantage in the application process for federal government jobs</i>	vets.gov/employment	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office
Build your professional reputation	 <b>Compete for federal contracts</b>	<b>Veteran-Owned Small Business Program (VOSB)</b> <i>Helps Veteran-owned small businesses compete for federal contracts set aside for VOSBs</i>	www.va.gov/osdbu	Office of Small and Disadvantaged Business Utilization: (866) 584-2344 (press 1)	Meet with a Verification Assistance Counselor in your area
Build your local network	 <b>Connect with other Veterans</b>	<b>Veteran Service Organizations (VSO)</b> <i>Variety of services and community opportunities for Veterans and their loved ones</i>	Find a VSO near you at: <a href="http://www.va.gov/ogc/apps/accreditation">www.va.gov/ogc/apps/accreditation</a> (search by state)  or <a href="http://www.eBenefits.va.gov/ebenefits/VSO-search">www.eBenefits.va.gov/ebenefits/VSO-search</a>		

## WHAT DO YOU NEED?



Health Care



Finances



Housing



Employment



Education



More Support



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you while you're...

# **PUTTING DOWN ROOTS**



## PUTTING DOWN ROOTS

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
			Find out more: <b>Vets.gov</b>	Ask us a question <b>MyVA311:</b> <b>(844) 698-2311</b>	Locate facilities: <b>vets.gov/</b> <b>facility-locator</b>
Revisit housing	 <b>Become a homeowner</b>	<b>VA Home Loan</b> <i>Home loan benefits for Veterans</i>	<a href="http://www.benefits.va.gov/homeloans">www.benefits.va.gov/homeloans</a>	Regional Loan Office: (877) 827-3702	Your Regional Benefits Office
	 <b>Refinance existing home loans</b>	<b>VA Refinancing</b> <i>Home loan benefits for refinancing a non-VA loan into a VA loan</i>	<a href="http://www.benefits.va.gov/homeloans/irrrl.asp">www.benefits.va.gov/homeloans/irrrl.asp</a>	Regional Loan Office: (877) 827-3702	Your Regional Benefits Office
Maintain your health	 <b>Address mental health needs</b>	<b>Mental Health Care</b> <i>Inpatient and outpatient mental health services</i>	<a href="http://www.mentalhealth.va.gov/gethelp.asp">www.mentalhealth.va.gov/gethelp.asp</a>	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center or Vet Center
	 <b>Improve your well-being</b>	<b>Social Work</b> <i>Social services to maximize well-being for Veterans, families, and caregivers</i>	<a href="http://www.socialwork.va.gov">www.socialwork.va.gov</a>	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center
Take care of your family	 <b>Apply for VA educational benefits</b>	<b>GI Bill</b> <i>Helps pay for education for Veterans or their dependents</i>	<a href="http://vets.gov/education/gi-bill">vets.gov/education/gi-bill</a>	Education Center: (888) 442-4551  From Overseas: 001-918-781-5678	Your Regional Benefits Office
Save for your retirement	 <b>Apply for supplemental income</b>	<b>Veterans Pension</b> <i>Supplemental income available to low-income wartime Veterans</i>	<a href="http://www.benefits.va.gov/pension/vetpen.asp">www.benefits.va.gov/pension/vetpen.asp</a>	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office
Connect with and serve your community	 <b>Meet and serve fellow Veterans</b>	<b>Veteran Service Organizations</b> <i>Variety of services and community opportunities for Veterans and their loved ones</i>	Find a VSO near you at: <a href="http://www.va.gov/ogc/apps/accreditation">www.va.gov/ogc/apps/accreditation</a> (search by state)  or <a href="http://www.eBenefits.va.gov/ebenefits/VSO-search">www.eBenefits.va.gov/ebenefits/VSO-search</a>		

## WHAT DO YOU NEED?



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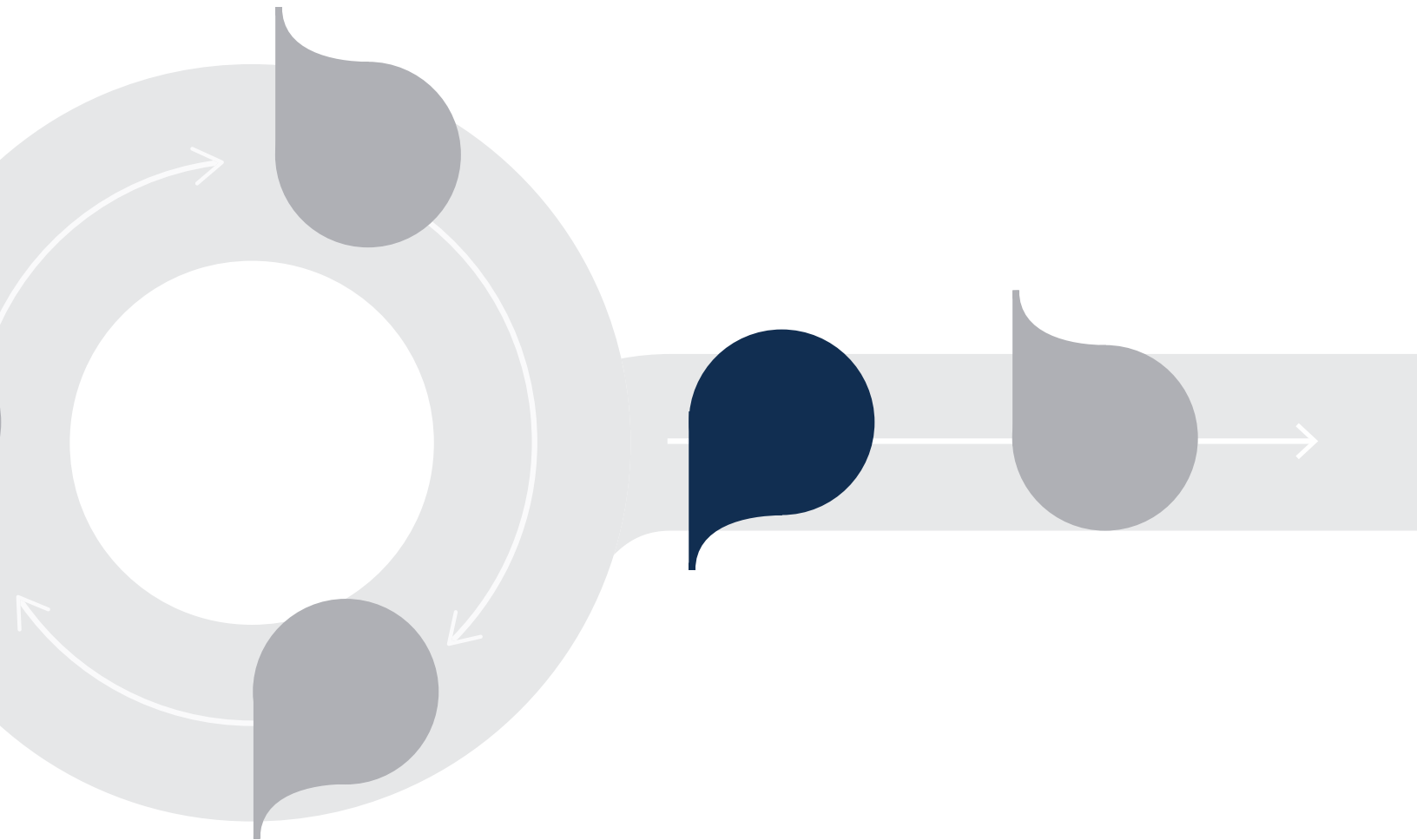
Employment



Education








More Support



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**RETIRING**

## RETIRING

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			Find out more: <b>Vets.gov</b>	Ask us a question <b>MyVA311:</b> <b>(844) 698-2311</b>	Locate facilities: <b>vets.gov/facility-locator</b>
Find additional sources of income	 <b>Get financial support for your disability</b>	<b>Disability Compensation</b> <i>Compensation paid to Veterans for a disability that occurred during service</i>	vets.gov/disability-benefits	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office or through your local Veteran Service Organization (VSO)
Take care of your health	 <b>Get regular medical care</b>	<b>VA Health Care</b> <i>Inpatient and outpatient health services at VA Medical Centers and clinics</i>	vets.gov/health-care	Health Care Line: (877) 222-8387 (press 2)	Your local VA Medical Center
	 <b>Address hearing needs</b>	<b>Audiology</b> <i>Care for hearing aids and/or other hearing assistive devices for Veterans</i>	www.prosthetics.va.gov/psas/hearing_aids.asp	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center
	 <b>Address vision needs</b>	<b>Optometry and Blind Rehabilitation</b> <i>Rehabilitation services for blind and low-vision Veterans</i>	www.va.gov/optometry or www.prosthetics.va.gov/features/blinded-veterans.asp	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center or Blind Rehabilitation Center
Participate in meaningful activities	 <b>Volunteer in your community</b>	<b>Veteran Service Organizations</b> <i>Variety of services and community opportunities for Veterans and their loved ones</i>	Find a VSO near you at: www.va.gov/ogc/apps/accreditation (search by state) or www.eBenefits.va.gov/ebenefits/VSO-search		

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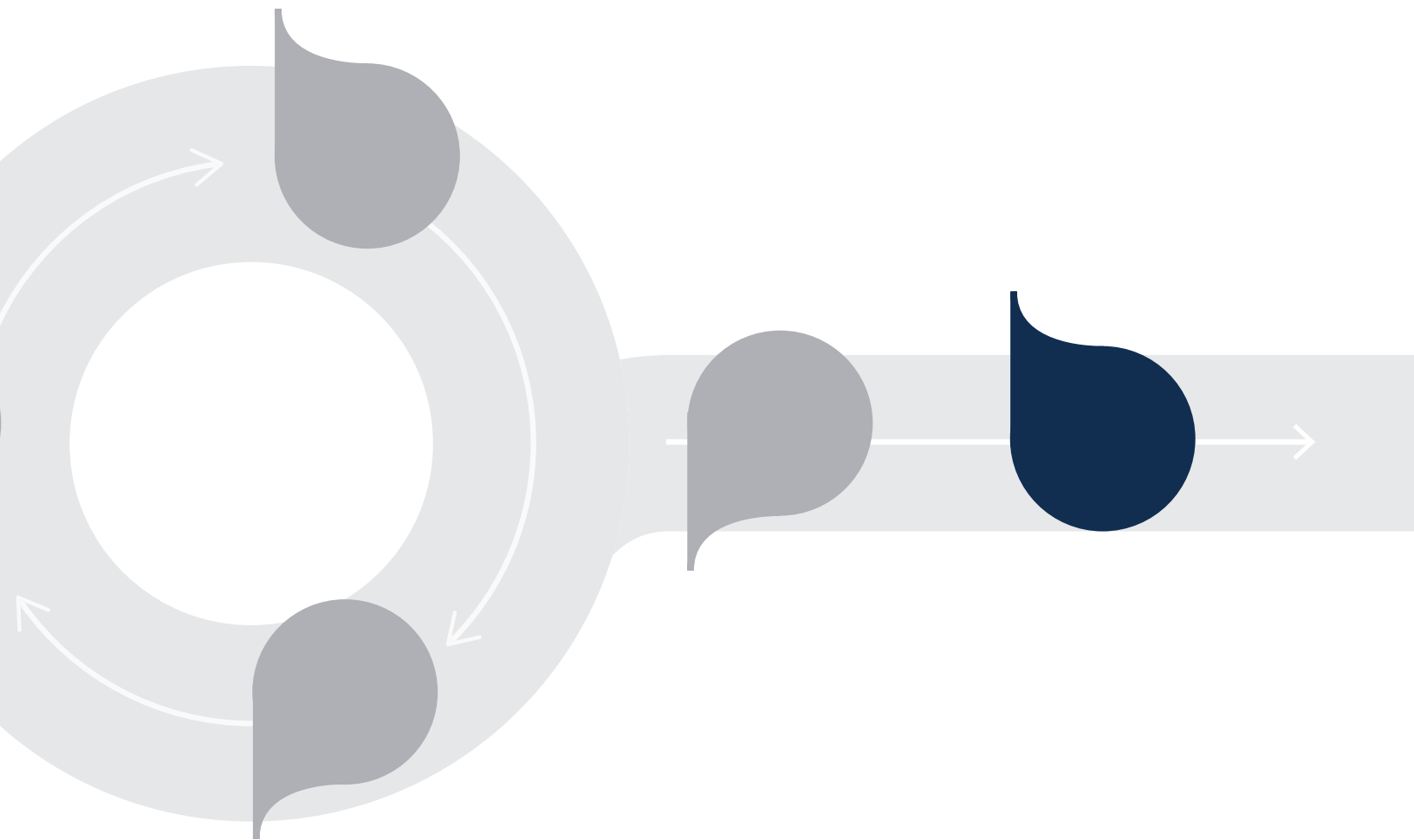
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More Support



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**AGING**

## AGING

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
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Manage and maintain your health	 <b>Get regular medical care</b>	<b>VA Health Care</b> <i>Inpatient and outpatient health services at VA Medical Centers and clinics</i>	<a href="https://vets.gov/health-care">vets.gov/health-care</a>	Health Care Line: (877) 222-8387 (press 2)	Your local VA Medical Center
	 <b>Seek long-term care for later in life</b>	<b>Geriatric and Extended Care</b> <i>Nursing care, hospice, and assisted living services</i>	<a href="https://www.va.gov/geriatrics">www.va.gov/geriatrics</a>	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center
Adapt support network to your new needs	 <b>Seek in-home support</b>	<b>Skilled Home Health Care</b> <i>In-home care by a professional</i>	<a href="https://www.va.gov/geriatrics/guide/longtermcare/skilled_home_health_care.asp">www.va.gov/geriatrics/guide/longtermcare/skilled_home_health_care.asp</a>	Health Care Line: (877) 222-8387 (press 4)	Your local VA Medical Center
	 <b>Get financial support for daily medical assistance</b>	<b>Aid and Attendance and Housebound Compensation</b> <i>Payments for Veterans who are housebound or require the aid of another person in daily life</i>	<a href="https://www.benefits.va.gov/pension/aid_attendance_housebound.asp">www.benefits.va.gov/pension/aid_attendance_housebound.asp</a>	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office
Make burial arrangements	 <b>Decide how and where to be memorialized</b>	<b>Burial Benefits</b> <i>Schedule and plan funeral and burial arrangements</i>	<a href="https://www.cem.va.gov">www.cem.va.gov</a>	VA Benefits Line: (800) 827-1000  Scheduling: (800) 535-1117	Your Regional Benefits Office
Finance your burial	 <b>Get financial assistance for burial services</b>	<b>Burial Allowance</b> <i>Financial assistance for funeral and burial services</i>	<a href="https://www.benefits.va.gov/compensation/claims-special-burial.asp">www.benefits.va.gov/compensation/claims-special-burial.asp</a>	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office
Seek survivor benefits	 <b>Talk about the future with loved ones</b>	<b>Survivor's Benefits</b> <i>Various benefits available to the survivors of a deceased Veteran</i>	<a href="https://www.va.gov/opa/persona/dependent_survivor.asp">www.va.gov/opa/persona/dependent_survivor.asp</a>	VA Benefits Line: (800) 827-1000	Your Regional Benefits Office
Maintain social and community connections	 <b>Engage with fellow Veterans and people who can help</b>	<b>Veteran Service Organization (VSO)</b> <i>Variety of services and community opportunities for Veterans and their loved ones</i>	Find a VSO near you at: <a href="https://www.va.gov/ogc/apps/accreditation">www.va.gov/ogc/apps/accreditation</a> (search by state)  or <a href="https://www.eBenefits.va.gov/ebenefits/VSO-search">www.eBenefits.va.gov/ebenefits/VSO-search</a>		

### WHAT DO YOU NEED?



## YOUR CHECKLIST

# Get started today

Use the checklists below to get started accessing the VA benefits and services you deserve.

1

## RESEARCH

- Identify VA services that can meet your goals
- Prioritize time-sensitive benefits**
- Work with VA to **identify which benefits and services you and your loved ones might be eligible for:**
  - **Visit** [explore.va.gov/benefits-navigator](https://explore.va.gov/benefits-navigator)
  - **Call** (800) 827-1000 to speak with a VA representative
  - **Talk** with a member of a Veteran Service Organization (VSO)

2

## PREPARE

- Prioritize which benefits you want to pursue **now**
- Consider applying for a disability rating
  - Visit [vets.gov/disability-benefits](https://vets.gov/disability-benefits) to learn more
- Get a copy of your **discharge papers**
- Collect other information as necessary, which may include:
  - Military personnel records**
  - Orders** (if activated from the Guard or Reserves)
  - Military and private medical records**
  - Your most recent **tax return**

3

## APPLY

- Complete the form for the service you want to apply for:
  - **Online** at [eBenefits.va.gov](https://eBenefits.va.gov) (all VA benefits) or at [Vets.gov](https://Vets.gov) (VA Health Care, Education, Pension, and Burial Allowance only)
  - **In person** or by **mail** to your Regional Benefits Office ([vets.gov/facility-locator](https://vets.gov/facility-locator))

4

## REVISIT

- Check back over time as your needs change. For example, you could:
  - Apply for a higher disability rating** if your disability gets worse
  - Pass GI Bill benefits on to your dependents** if you do not use them
  - Apply for a VA Pension** when you are 65 or receiving home care
  - Decide where and how to be memorialized** using burial benefits

## WHICH BENEFITS ARE TIME SENSITIVE?

- Dental Care (180 days post separation)
- Life Insurance (240 days post separation)
- VA Health Care for recent Combat Veterans (5 years post separation)
- Montgomery Bill (10 years post separation)
- Post 9/11 GI Bill (15 years post separation)
- Vocational Rehabilitation & Employment (12 years since receiving your disability rating post separation, though there are exceptions. If you are interested in VR&E, make sure to work with VA to determine your eligibility as soon as possible.)

## WHAT DO VSOS DO?

*Representatives from Veteran Service Organizations may offer free help to Veterans applying for VA benefits. Go to [www.va.gov/ogc/apps/accreditation](https://www.va.gov/ogc/apps/accreditation) for more information.*

## WHAT ARE DISCHARGE PAPERS?

*Your discharge papers—also known as your DD214 member-4—are the most important documents to keep. They are necessary to get access to VA benefits. Request yours at [eBenefits.va.gov](https://eBenefits.va.gov)*

YOUR EMERGENCY RESOURCES

# Get help right now

Contact the resources below to get immediate help for yourself or a friend. These resources are designed to support Veterans during difficult times.

WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL
<p><b>Veteran’s Crisis Line</b></p>	<p><a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a> <i>(click “chat”)</i></p>	<p>(800) 273-8255 <b>(press 1)</b>  text 838255  <i>24 hours a day/ 7 days a week</i></p>
<p><b>National Suicide Prevention Line</b></p>	<p><a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a> <i>(click “chat”)</i></p>	<p>(800) 273-8255  <i>24 hours a day/ 7 days a week</i></p>
<p><b>Military Sexual Trauma Support</b> <i>(VA offers free counseling services for Military Sexual Trauma survivors. You don’t have to be enrolled in VA Health Care to access MST services.)</i></p>	<p><a href="http://vets.gov/facility-locator">vets.gov/facility-locator</a> <i>(Find a Medical Center)</i></p> <p><a href="http://www.va.gov/directory/guide/vetcenter.asp">www.va.gov/directory/guide/vetcenter.asp</a> <i>(Find a Vet Center)</i></p>	<p><i>Call your local Medical Center or Vet Center.</i></p> <p><i>At Medical Centers, ask to speak to the MST coordinator.</i></p>
<p><b>National Call Center for Homeless Vets</b></p>	<p><a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a> <i>(click “chat”)</i></p>	<p>(877) 424-3838  <i>24 hours a day/ 7 days a week</i></p>
<p><b>Women Veterans Call Center</b></p>	<p><a href="http://www.womenshealth.va.gov">www.womenshealth.va.gov</a> <i>(click “chat”)</i></p>	<p>(855) VA WOMEN (855) 829-6636  <i>M-F, 8 AM–10 PM EST Sat, 8 AM–6:30 PM EST</i></p>
<p><b>VA Caregiver Support Line</b></p>	<p><a href="http://www.caregiver.va.gov">www.caregiver.va.gov</a></p>	<p>(855) 260-3274  <i>M-F, 8 AM–8 PM EST</i></p>

**WHERE CAN I FIND IN PERSON HELP?**

*To locate your nearest VA Medical Facility, Regional Benefits Office, Regional Loan Center, Vet Center, National Cemetery, and other VA facilities, visit [vets.gov/facility-locator](http://vets.gov/facility-locator)*

**HEAR FROM OTHER VETERANS**

*To hear stories from Veterans who sought help, visit [www.maketheconnection.net](http://www.maketheconnection.net)*

# WE LOOK FORWARD TO SERVING YOU.

## Can't find what you need?

To access a complete list of VA benefits and services

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VISIT US ONLINE [Vets.gov](https://vets.gov)

GIVE US A CALL MyVA311: (844) 698-2311

VISIT US IN PERSON [your nearest VA facility, vets.gov/facility-locator](https://vets.gov/facility-locator)



# Apply for VA Health Care



U.S. Department  
of Veterans Affairs

This guide will help you apply for VA Health Care, which includes regular checkups, prescriptions, and access to specialists, such as cardiologists, gynecologists, and mental health providers.

## A checklist to help you apply for VA Health Care:

1

### PREPARATION

- Collect the following information:
  - Discharge papers** (DD214 member-4 or equivalent)
  - Your most recent **tax return**
  - Social security numbers** for yourself and your dependents
  - Account numbers** for insurance programs you are enrolled in
  - Your **VA Disability Rating Decision** (if applicable)

#### WHERE CAN I FIND MY DISCHARGE PAPERS?

*Visit [eBenefits.va.gov](https://eBenefits.va.gov) to request a copy of your DD214 records.*

#### HOW WILL I FIND OUT ABOUT VA'S DECISION?

*If **accepted**, you'll receive a phone call from VA and a personalized benefits handbook in the mail. If **denied**, you'll receive a letter indicating the reason.*

#### WHAT ARE PRIORITY GROUPS?

*During enrollment, each Veteran is assigned to one of eight priority groups based on different factors. Your priority group may affect what type of VA Health Care services you can access and how much you will need to pay for those services.*

#### WHAT IS A VHIC?

*A **VHIC** is a photo ID that gives you access to VA Health Care facilities. When you're enrolled in VA Health Care, you can get a VHIC by making an appointment with your local VA Medical Center to get your picture taken for your VHIC.*

2

### APPLICATION

- Apply by completing the healthcare application form (VA Form-10 EZ) in one of these ways:
  - Visit us **online** at [Vets.gov](https://Vets.gov) and click on "Health Care"
  - Give us a **call** at (877) 222-8387 (press 1); M-F, 8am-8pm EST
  - Visit us **in person** at a VA Medical Center
  - Print out and **mail** the completed form to the Health Eligibility Center (2957 Clairmont Road, Suite 200, Atlanta, GA 30329)

3

### REVIEW AND DECISION

- Call** (877)-222-8387 (press 2) if you haven't heard back from VA more than one week after you've submitted your application

4

### NEXT STEPS

If approved, take steps to access the benefits you are eligible for:

- Review priority group assignment** and personalized benefits handbook mailed by VA after enrollment
- Contact your local VA Medical Center to **set up an appointment**
- Make an appointment to obtain your **Veterans Health Identificaton Card (VHIC)**

# Information you'll need to know to access VA Health Care:

## Am I eligible for VA Health Care?

Some factors that VA may consider when determining eligibility include:

- VA has rated you for a service-connected disability
- You received a purple heart or are a former Prisoner of War
- You are a combat Veteran who separated within the last 5 years
- You are eligible for Medicaid benefits
- Your family income is below the income threshold
- You served in Vietnam, Southwest Asia during the Gulf War, or Camp Lejeune during certain periods of time

**Note: Not all Veterans are eligible for VA Health Care. Work with VA to determine your eligibility as soon as possible.**

## What does it mean to be assigned to a priority group?

If you are eligible to enroll in VA Health Care, you will be assigned to a priority group based on your eligibility. **Your health care eligibility determines what type of VA Health Care services you can access and how much you will need to pay for those services.**

## How do I schedule my first appointment?

- **On your health care application** you can ask VA to call you to schedule your first appointment
- **Call** your local VA Medical Center to schedule an appointment

## What if I live far away or can't get an appointment?

The **Veterans CHOICE Program** allows Veterans who live far from VA facilities or who face long wait times for a VA appointment to seek the care they need from an approved private doctor in their community.

- You are eligible if you live more than 40 miles from the nearest VA Medical Center or you have to wait more than 30 days for a VA appointment, or you face one of several specific travel burdens
- **Visit** [www.va.gov/opa/choiceact](http://www.va.gov/opa/choiceact) to learn more

## Will I be covered for emergency care?

The most important thing in an emergency is to get to the nearest hospital. If this is a VA hospital, you may be covered under your priority group eligibility. VA will only pay for emergency care at non-VA facilities **under certain circumstances.**

- After receiving emergency care at a non-VA facility, **call** VA immediately to understand what VA may cover.

## Where is my nearest VA Medical Center?

- To locate **your nearest VA facility**, visit [vets.gov/facility-locator](http://vets.gov/facility-locator)

## OTHER QUESTIONS YOU MAY HAVE:

### What are my health care options for myself and my family?

VA Health Care is one of many health care options Veterans may have, including TRICARE, Medicare/Medicaid, and private insurance plans. In most cases, **family members and dependents are not eligible for VA Health Care.** It's important to figure out which option is best for you.

VA Health Care counts as your health insurance under the Affordable Care Act, so you won't have to pay a tax penalty. However, **Veterans enrolled in VA Health Care are not eligible for health insurance subsidies.**

- **Visit** [healthcare.gov/veterans](http://healthcare.gov/veterans) to learn more

### How does VA support recent combat Veterans?

Combat Veterans **can get five years of "cost-free" health care** following separation and remain eligible for VA Health Care as long as they enroll within five years of separation.

### How does VA support Military Sexual Trauma (MST) survivors?

VA offers free **counseling and support services** that help Veterans recover from trauma. You don't have to be enrolled in VA Health Care to access MST services.

### What services are included in VA Health Care?

- Preventative Care (e.g. check-ups)
- Outpatient care (e.g. mental health care and substance abuse counseling)
- Inpatient care (e.g. surgery)
- Medications and supplies

# Apply for a disability rating



U.S. Department  
of Veterans Affairs

This guide will help you submit a disability claim and obtain a disability rating, which is based on how much your service-connected disability impacts your capacity to earn a living. This rating is between 0%–100%. Your rating may give you access to certain VA benefits, such as compensation and on-going health care.

## A checklist to help you file your disability claim and get your disability rating:

1

### PREPARATION

- Learn about different **types of claims** you can file (refer to back)
- Collect the documents** necessary to file a claim:
  - Discharge papers** (DD214 member-4 or equivalent)
  - Military medical records**
  - VA medical records/hospital reports** related to your disability
  - Private medical records/hospital reports** related to your disability
- Submit **Disability Benefits Questionnaires (DBQs)** if desired

### GET HELP

You can receive free help with preparing your claim from a VA accredited representative or an employee at a local VA Office. Refer to back for more information.

### WHERE CAN I FIND MY DISCHARGE PAPERS?

Visit [eBenefits.va.gov](https://eBenefits.va.gov) to request a copy of your DD214 records.

### WHAT ARE DBQs?

DBQs are **filled out by your private doctor to provide medical evidence to support your claim**. They may allow VA to grant your claim without the need for a medical examination

2

### APPLICATION

- Apply by submitting all documents in **one** of these ways:
  - Submit a claim **online** using eBenefits: [eBenefits.va.gov](https://eBenefits.va.gov)
  - Complete a claim form **in person** at a VA Regional Office

### HOW LONG WILL IT TAKE?

The length of time it takes to process a claim depends on:

- The type of claim filed
- How many injuries/disabilities you claimed
- How long it takes for VA to gather supporting evidence
- How many claims were in line when your were filed

3

### REVIEW AND DECISION

- Visit us **online** at [eBenefits.va.gov](https://eBenefits.va.gov) or [Vets.gov](https://Vets.gov) to **track the status** of your claim
- Provide more information/documentation** if requested by VA
- Attend VA medical examination(s) if requested by VA

4

### NEXT STEPS

If approved, take steps to access the benefits you are eligible for:

- Review your award letter** to understand your rating
- Review the VA benefits handbook** that is sent to you

# Information you'll need to know to file your claim and get your disability rating:

## Am I eligible for benefits?

You may be eligible for VA disability benefits **if VA finds you have a disease, injury, or condition that resulted from service or was made worse during your military service.**

Common conditions include:

- Hearing loss/ringing in the ears
- Knee, ankle, or back pain/injury
- PTSD, anxiety, depression
- Traumatic brain injury
- Respiratory disease
- Ulcers
- Loss of range of motion
- Cancer (due to hazardous exposures)

**Note: Work with VA to find out if you are eligible for disability benefits by filing a disability claim as soon as possible.**

## Who can file a disability claim?

- Veterans
- Servicemembers preparing to separate from the military
- Survivors/family seeking benefits owed to Veteran on a pending claim
- Veteran Service Organization (VSO) on behalf of Veterans/Servicemembers

## Who can help me?

You can receive free help with preparing your claim from a VA accredited representative or an employee at a local VA Office.

**Accredited representatives** are individuals or organizations who are familiar with the process of filing a claim. Many accredited representatives work for Veteran Service Organizations (VSOs), and may provide help free of charge.

*Note:* It is unlawful to any person or organization to charge a fee for assistance in preparing an application for VA benefits. VA-accredited agents and attorneys may charge fees for assisting with a claim for VA benefits only after VA has decided the claim and claimant has filed a notice of disagreement.

- To find a representative, visit us **online** at [www.va.gov/ogc/apps/accreditation](http://www.va.gov/ogc/apps/accreditation) (search by state) *or* [eBenefits.va.gov/ebenefits/VSO-search](http://eBenefits.va.gov/ebenefits/VSO-search)
- To locate **your nearest VA Facility**, visit [vets.gov/facility-locator](http://vets.gov/facility-locator)

## What are the different types of claims?

The type of claim you want to apply for depends on if you've filed before, if your conditions have changed, and how much responsibility you want to take to gather required documents. **Review the chart below** to determine what type of claim you should file.

WHEN YOU FILE	TYPE OF CLAIM	WHAT'S THE DIFFERENCE?
<b>Pre-discharge</b> More information at: <a href="http://www.benefits.va.gov/predischarge/index.asp">www.benefits.va.gov/predischarge/index.asp</a>	Benefit Delivery at Discharge (BDD)	Filed 180 - 90 days before separation; processed faster than post discharge claims
<b>Post-discharge</b> More information at: <a href="http://www.benefits.va.gov/fdc">www.benefits.va.gov/fdc</a>	Standard Fully-developed	VA can help you gather documents You gather your own documents; processed faster than a standard claim

## OTHER QUESTIONS YOU MAY HAVE:

### Why is receiving a disability rating important?

You need a service-connected disability with a rating in order to access certain VA benefits and services, including:

- Disability compensation
- Vocational Rehabilitation & Employment (VR&E)
- Level of VA health care coverage
- Increased preference in federal hiring
- Fee exemption for VA home loans

**Note: You can apply for a disability rating anytime throughout your life.**

### How does my disability rating affect my family?

If you are eligible for disability compensation, you may be paid additional amounts if you have a spouse, dependent child(ren), or dependent parents, and they may be eligible for additional benefits.

- To learn more, call your **Regional Benefits Office** or visit us **online** at [www.benefits.va.gov/compensation](http://www.benefits.va.gov/compensation)

### What if my condition doesn't affect my every day life?

**A 0% disability rating does not qualify you for compensation, but you may be eligible for other VA services, such as VA Health Care.** While you might feel your condition is not serious, you should still consider applying for a rating.

# Apply for Education Benefits



U.S. Department  
of Veterans Affairs

This guide will help you apply for VA Education Benefits, which include the Post-9/11 GI Bill, the Montgomery GI Bill, other educational assistance programs, on-the-job training, and career counseling.

## A checklist to help you apply for VA Education Benefits:

1

### RESEARCH

- Decide which type of education benefit you want to use (refer to back)
- Learn about schools that offer VA-approved programs by using the GI Bill Comparison Tool ([vets.gov/gi-bill-comparison-tool](https://vets.gov/gi-bill-comparison-tool)) to:
  - Determine your out-of-pocket costs for each school
  - Compare school statistics (i.e., graduation and loan repayment rates)

#### HOW DO I DECIDE WHAT IS BEST FOR ME?

VA offers tools and counseling programs to help you make the most of your options. **Visit** [www.benefits.va.gov/vocrehab/edu\\_voc\\_counseling.asp](http://www.benefits.va.gov/vocrehab/edu_voc_counseling.asp) to research schools.

2

### PREPARATION

- Apply to the program that is best for you
- Collect the following information
  - **Discharge papers** (DD214 member-4 or equivalent)
  - **Orders**, if activated from the Guard or the Reserves

#### WHERE CAN I FIND MY DISCHARGE PAPERS?

Visit [eBenefits.gov](http://eBenefits.gov) to request a copy of your DD214 records.

3

### APPLICATION

- Apply by submitting all documents in one of these ways:
  - Submit your application **online** using eBenefits or Vets.gov
  - Complete an application **in person** at a VA Regional Office
  - Work with your school's VA certifying official (this person is usually in the Registrar or Financial Aid office **at the school of your choice**)

4

### DECISION

- For further information about your benefit, **call** the Education Call Center (888) 442-4551

# Information you'll need to know to apply for education benefits:

## Am I eligible for VA Education Benefits?

Your eligibility depends on a number of factors including length and era of service, type of discharge, and time since separation. It's difficult to summarize eligibility because requirements are different for each type of GI Bill. Refer to the table below and **visit** [vets.gov/education/gi-bill](https://vets.gov/education/gi-bill) to learn more about eligibility.

**Note: Work with VA to find out if you are eligible for education benefits as soon as possible. Not all Veterans are eligible.**

## Do I have to use education benefits for college?

You can use the GI Bill for more than just academic programs, such as advanced training and certifications in your area of expertise. Examples include:

- Work Study
- On-the-Job Training and Apprenticeships
- Co-op Training
- Non-College Degree Programs
- Entrepreneurship Training
- Flight Training
- National Tests (e.g., SAT, GRE)
- Licensing and Certifications

## What are the different types of education benefits?

The GI Bill is the umbrella term for many VA Educational Benefits programs. Review the chart below to determine which GI Bill benefit you should apply for. (This is only a basic summary—these are NOT the only eligibility criteria.)

BENEFIT TYPE	BASIC ELIGIBILITY*	WHAT'S THE DIFFERENCE?
<b>Post 9/11 GI Bill</b>	Qualifying active service on or after 9/11/01	Payment for 50-100% of tuition; stipend for housing and books
<b>Montgomery GI Bill—Active Duty</b>	Qualifying active services, high school diploma or GED	Monthly stipend for tuition and fees (refer to rates table online)*
<b>Montgomery GI Bill—Selected Reserve</b>	Six-year commitment to Selected Reserve (usable only while serving)	Monthly stipend for tuition and fees (refer to rates table online)*
<b>Survivors' and Dependents' Educational Assistance</b>	Spouse or dependent of a qualifying Veteran	Monthly stipend for tuition and fees (refer to rates table online)*

\*To find the rates for monthly stipends, **visit** [vets.gov/education/rates](https://vets.gov/education/rates)

## Where is my nearest VA Regional Benefits Office?

→ To locate **your nearest VA Facility**, visit [vets.gov/facility-locator](https://vets.gov/facility-locator)

## OTHER QUESTIONS YOU MAY HAVE:

### What is the Yellow Ribbon Program?

The Yellow Ribbon Program helps cover costs that are not covered by the Post-9/11 GI Bill, such as higher tuition at private colleges or those paying out-of-state tuition.

→ **Visit** [vets.gov/education/gi-bill/yellow-ribbon](https://vets.gov/education/gi-bill/yellow-ribbon) to learn more

### How does my disability rating affect my benefits?

Additional benefits, including personalized job training and academic counseling, may be available for Veterans with disability ratings of at least 10%. These programs are separate from the GI Bill and must be applied for separately.

→ **Visit** [www.benefits.va.gov/vocrehab](https://www.benefits.va.gov/vocrehab) to learn more

### Can I transfer my Post-9/11 GI Bill Benefits to my family?

You may be eligible to transfer up to 36 months of benefits to your spouse or dependent children.

→ **Visit** [vets.gov/education/gi-bill/transfer](https://vets.gov/education/gi-bill/transfer) to learn more

### Are survivors and dependents eligible for benefits?

Dependents or survivors of a Veteran may be eligible for educational assistance through a GI Bill program if one of the following applies to the Veteran:

- Died while on active duty, or
- Was a former prisoner of war, or
- Died or is permanently and totally disabled due to a service-connected disability, or
- Is hospitalized or receiving outpatient treatment for a service-connected permanent disability and is likely to be discharged for that disability

→ **Visit** [vets.gov/education/gi-bill/survivors-dependent-assistance/](https://vets.gov/education/gi-bill/survivors-dependent-assistance/) to learn more