

Please forward this to any veteran that you know could use this

ALL VETS SHOULD COPY THIS...[Great](#) Veteran Resources Reference List-

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 your 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.

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>

Compensation for Disabilities Associated with the Gulf War Service

http://www.warms.vba.va.gov/admin21/m21_1/part6%20/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://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 **[MailFilterGateway has detected a possible fraud attempt from "www1.va." claiming to be http://www1.va./gov/vhapublications/ViewPublication.asp?pub_ID=206](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=206)**

Federal Benefits for Veterans and Dependents 2005 <http://www1.va.gov/opa/vadocs/fedben.pdf>

OR, **[MailFilterGateway has detected a possible fraud attempt from "www1.va." claiming to be http://www1.va./gov/opa/vadocs/current_benefits.htm](http://www1.va./gov/opa/vadocs/current_benefits.htm)**

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 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 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>

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

[MailFilterGateway has detected a possible fraud attempt from "www1." claiming to be http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1007](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.COMhttp://nasdva.com/](http://www.nasdva.com/)

National Association of State Directors

<http://www.nasdva.com/>

National Center for Health Promotion and Disease Prevention

MailFilterGateway has detected a possible fraud attempt from "www.nasdva.com" claiming to be <http://www.nchpdp.med.va.gov/postdeploymentlinks.asp>

Neurological Conditions and Convulsive Disorders, Schedule of Ratings

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

OMI (Office of Medical Inspector)

MailFilterGateway has detected a possible fraud attempt from "www.warms.vba.va.gov" claiming to be <http://www.omi.cio.med.va.gov/>

Online VA Form 10-10EZ

MailFilterGateway has detected a possible fraud attempt from "www.omi.cio.med.va.gov" claiming to be <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

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131

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

MailFilterGateway has detected a possible fraud attempt from "www.access.gpo.gov" claiming to be http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1003

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

Persian Gulf Registry Referral Centers

MailFilterGateway has detected a possible fraud attempt from "www1." claiming to be 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%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

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

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://www.va.gov/publ/direc/eds/edsmps.htm>

Power of Attorney

MailFilterGateway has detected a possible fraud attempt from "www.va.gov" claiming to be http://www.warms.vba/.va.gov/admin21/m21_1/mr/part1/ch03.doc

Project 112 (Including Project SHAD)

MailFilterGateway has detected a possible fraud attempt from "www.warms.vba." claiming to be <http://www1.va.gov/shad/>

Prosthetics Eligibility

http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337

Public Health and Environmental Hazards Home Page

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://www.vethealth.cio.med.va.gov/>

Public Health/SARS

MailFilterGateway has detected a possible fraud attempt from "www.vethealth.cio.med.va.gov" claiming to be <http://www/.publichealth.va.gov/SARS/>

Publications Manuals

MailFilterGateway has detected a possible fraud attempt from "www." claiming to be <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

Records Center and Vault Homepage

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <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

MailFilterGateway has detected a possible fraud attempt from "www.forms.va.gov" claiming to be 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

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

Title 38 Index Parts 0-17

MailFilterGateway has detected a possible fraud attempt from "www.access.gpo.gov" claiming to be 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

Ã,Â§ 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&rqn=div6&view=text&node=38:1.0.1.1.5.2&idno=38>

Title 38Â§ 4.16 Total disability ratings for compensation based on unemployability of the individual. PART A

"SCHEDULE FOR RATING DISABILITIES Subpart Ã "General Policy in Rating

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rqn=div8&view=text&node=38:1.0.1.1.5.1.96.11&idno=38>

U.S. Court of Appeals for Veterans Claims

[MailFilterGateway has detected a possible fraud attempt from "ecfr.gpoaccess.gov" claiming to be http://www.vetapp.gov/](http://www.vetapp.gov/)

VA Best Practice Manual for Posttraumatic Stress Disorder (PTSD)

[MailFilterGateway has detected a possible fraud attempt from "www.vetapp.gov" claiming to be http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf](http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf)

VA Fact Sheet

MailFilterGateway has detected a possible fraud attempt from "www.avapl.org" claiming to be <http://www1.va.gov/opa/fact/gwfs.html>

VA Health Care Eligibility

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://www.va.gov/healtheligibility/home/hecmmain.asp>

VA INSTITUTING GLOBAL ASSESSMENT OF FUNCTION (GAF)

MailFilterGateway has detected a possible fraud attempt from "www.va.gov" claiming to be <http://www.avapl.org/gaf/gaf.html>

VA Life Insurance Handbook "Chapter 3

<http://www.insurance.va.gov/inForceGliSite/GLIhandbook/glibookletch3.htm#310>

VA Loan Lending Limits and Jumbo Loans

MailFilterGateway has detected a possible fraud attempt from "www.insurance.va.gov" claiming to be http://valoans.com/va_facts_limits.cfm

VA MS Research

MailFilterGateway has detected a possible fraud attempt from "valoans.com" claiming to be <http://www.va.gov/ms/about.asp>

VA National Hepatitis C Program

MailFilterGateway has detected a possible fraud attempt from "www.va.gov" claiming to be <http://www.hepatitis.va.gov/>

VA Office of Research and Development

MailFilterGateway has detected a possible fraud attempt from "www.hepatitis.va.gov" claiming to be <http://www1.va.gov/resdev/>

VA Trainee Pocket Card on Gulf War

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://www.va.gov/OAA/pocketcard/gulfwar.asp>

VA WMD EMSHG

MailFilterGateway has detected a possible fraud attempt from "www.va.gov" claiming to be <http://www1.va.gov/emshg/>

VA WRIISC-DC

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://www.va.gov/WRIISC-DC/>

VAOIG Hotline Telephone Number and Address

<http://www.va.gov/oig/hotline/hotline3.htm>

Vet Center Eligibility - Readjustment Counseling Service

<http://www.va.gov/rcs/Eligibility.htm>

Veterans Benefits Administration Main Web Page

MailFilterGateway has detected a possible fraud attempt from "www.va.gov" claiming to be <http://www.vba.va.gov/>

Veterans Legal and Benefits Information

MailFilterGateway has detected a possible fraud attempt from "www.vba.va.gov" claiming to be <http://valaw.org/>

VHA Forms, Publications, Manuals

MailFilterGateway has detected a possible fraud attempt from "valaw.org" claiming to be <http://www1.va.gov/vhapublications/>

VHA Programs - Clinical Programs & Initiatives

http://www1.va.gov/health_benefits/page.cfm?pg=13

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://webmaila.juno.com/webmail/new/UrlBlockedError.aspx>>

VHA Public Health Strategic Health Care Group Home Page

MailFilterGateway has detected a possible fraud attempt from "webmaila.juno.com" claiming to be [http:// www.publichealth.va.gov/](http://www.publichealth.va.gov/)

VHI Guide to Gulf War Veterans (tm) Health

MailFilterGateway has detected a possible fraud attempt from "www.publichealth.va.gov" claiming to be http://www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp

Vocational Rehabilitation

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://www.vba.va.gov/bln/vre/>

Vocational Rehabilitation Subsistence

<http://www.vba.va.gov/bln/vre/InterSubsistencefy04.doc>

VONAPP online

MailFilterGateway has detected a possible fraud attempt from "www.vba.va.gov" claiming to be <http://vabenefits.vba.va.gov/vonapp/main.asp>

WARMS - 38 CFR Book C

MailFilterGateway has detected a possible fraud attempt from "vabenefits.vba.va.gov" claiming to be <http://www.warms.vba.va.gov/bookc.html>

Wartime Disability Compensation

MailFilterGateway has detected a possible fraud attempt from "www.warms.vba.va.gov" claiming to be http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1110

War-Related Illness and Injury Study Center - New Jersey

MailFilterGateway has detected a possible fraud attempt from "frwebgate.access.gpo.gov" claiming to be <http://www.wri.med.va.gov/>

Welcome to the GI Bill Web Site

MailFilterGateway has detected a possible fraud attempt from "www.wri.med.va.gov" claiming to be <http://www.gibill.va.gov/>

What VA Social Workers Do

MailFilterGateway has detected a possible fraud attempt from "www.wri.med.va.gov" claiming to be <http://www1.va.gov/socialwork/page.cfm?pg=3>

WRIISC Patient Eligibility

MailFilterGateway has detected a possible fraud attempt from "www1.va.gov" claiming to be <http://www.illegion.org/va1.html>