From: Smith, Henry E CIV (US)
To: Bowles, Franklin R CIV USARMY SMDTC (US); Cox, James W CIV (US); Fuller, Vicki S CTR (US); Geaschel, Steven R CIV USARMY AMCOM (US); georgiagrnn@aol.com; Jackson, Judith M CIV (US); Lacy, Hugh G CIV (US); Mailey, Thomas F CIV (US); McCrary, Frank CIV (US); Merriweather, Abner CIV (US); Milton-Walker, Palmer R CIV (US); Patton, Alicia M CIV (US); Perkins, Mae N CTR (US); Reynolds, Homer CIV (US); Roach, Alexander H Jr CIV (US); Spears, Rickey H CIV USARMY USAG (US)
Subject: ALL VETS SHOULD COPY THIS (UNCLASSIFIED)
Date: Thursday, August 15, 2013 1:54:44 PM

Classification: UNCLASSIFIED
Caveats: NONE

ALL VETS SHOULD COPY THIS
Could you share this w/ Vets on your side of the house?

ALL VETS SHOULD COPY THIS

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 you 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/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 ... 0/ch07.doc Compensation Rate Tables, 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/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/View ... ub_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/DUHandb ... 122304.DOC and http://www1.va.gov/vhapublications/View ... ub_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 Dependants 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/ General Compensation Provisions http://www.access.gpo.gov/uscode/title3 ... ervi_.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/VHIgulfwar.pdf
Gulf War Subject Index http://www1.va.gov/GulfWar/page.cfm?pg= ... n&letter=A Gulf War Veteran's Illnesses Q&As http://www1.va.gov/gulfwar/docs/GWIllne ... IB1041.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.hsrd.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/Vie ... ub_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/ ... S4_130.DOC Mental Health Program Guidelines http://www1.va.gov/vhapublications/View ... ub_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
http://nasdva.com/ National Association of State Directors http://www.nasdva.com/ National Center for Health Promotion and Disease Prevention 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%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:+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/title3 ... erii_.html and, http://www.access.gpo.gov/uscode/title3 ... riii_.html Persian Gulf Registry http://www1.va.gov/vhapublications/View ... ub_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 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 ... ndices.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/View ... ub_ID=1004 Phase II PGR
http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1005
Policy Manual Index http://www.va.gov/publ/direc/eds/edsmps.htm
Power of Attorney http://www.warms.vba..va.gov/admin21/m21_1/mr/part1/ch03.doc
Project 112 (Including Project SHAD) http://www1.va.gov/shad/ Prosthetics Eligibility
http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337
Public Health and Environmental Hazards Home Page http://www.vethealth.cio.med.va.gov/
Public Health/SARS http://www..publichealth.va.gov/SARS/
Publications Manuals 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 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/Report ... s_2004.pdf Research and Development http://www.appc1.va.gov/resdev/programs ... ograms.cfm Survivor's and Dependents' Educational Assistance http://www.access.gpo.gov/uscode/title38/partiii_chapter35_.html
Title 38 Index Parts 0-17 http://ecfr.gpoaccess.gov/cgi/t/text/te ... rv1_02.tpl Part 18
http://ecfr.gpoaccess.gov/cgi/t/text/te ... rv2_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 Â,Â§ 3.317 Compensation for certain disabilities due to

undiagnosed illnesses found here) http://ecfr.gpoaccess.gov/cgi/t/text/te ... ain_02.tpl Title 38 PART 4--SCHEDULE FOR RATING DISABILITIES Subpart B--DISABILITY RATINGS http://ecfr.gpoaccess.gov/cgi/t/text/te ... .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&rgn=div8&view=text&node=38:1.0.1.1.5.1..96.11&idno=38

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 Sheet http://www1.va.gov/opa/fact/gwfs.html
VA Health Care Eligibility http://www.va.gov/healtheligibility/home/hecmain.asp
VA INSTITUTING GLOBAL ASSESSMENT OF FUNCTION (GAF) http://www.avapl.org/gaf/gaf.html VA Life Insurance Handbook Â¬" Chapter 3
http://www.insurance.va.gov/inForceGliSite/GLIhandbook/glibookletch3.htm#310
VA Loan Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm
VA MS Research http://www.va.gov/ms/about.asp VA National Hepatitis C Program
http://www.hepatitis.va.gov/ VA Office of Research and Development http://www1.va.gov/resdev/ VA Trainee Pocket Card on Gulf War http://www.va.gov/OAA/pocketcard/gulfwar.asp
VA WMD EMSHG http://www1.va.gov/emshg/
VA WRIISC-DC 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 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/health_benefits/page.cfm?pg=13
http://webmaila.juno.com/webmail/new/Ur ... Error.aspx> VHA Public Health Strategic Health Care Group Home Page http: // http://www.publichealth.va.gov/ VHI Guide to Gulf War Veterans Â¬(tm) Health
http://www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp
Vocational Rehabilitation http://www.vba.va.gov/bln/vre/ Vocational Rehabilitation Subsistence
http://www.vba.va.gov/bln/vre/InterSubsistencefy04.doc
VONAPP online http://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://www1.va.gov/socialwork/page.cfm?pg=3
WRIISC Patient Eligibility http://www.illegion.org/va1.html

Classification: UNCLASSIFIED
Caveats: NONE

Classification: UNCLASSIFIED
Caveats: NONE

Classification: UNCLASSIFIED
Caveats: NONE

Classification: UNCLASSIFIED
Caveats: NONE