

Helpful Tips for your VA Claim Exam



Tip #1:

You can request a specific sex for your medical provider

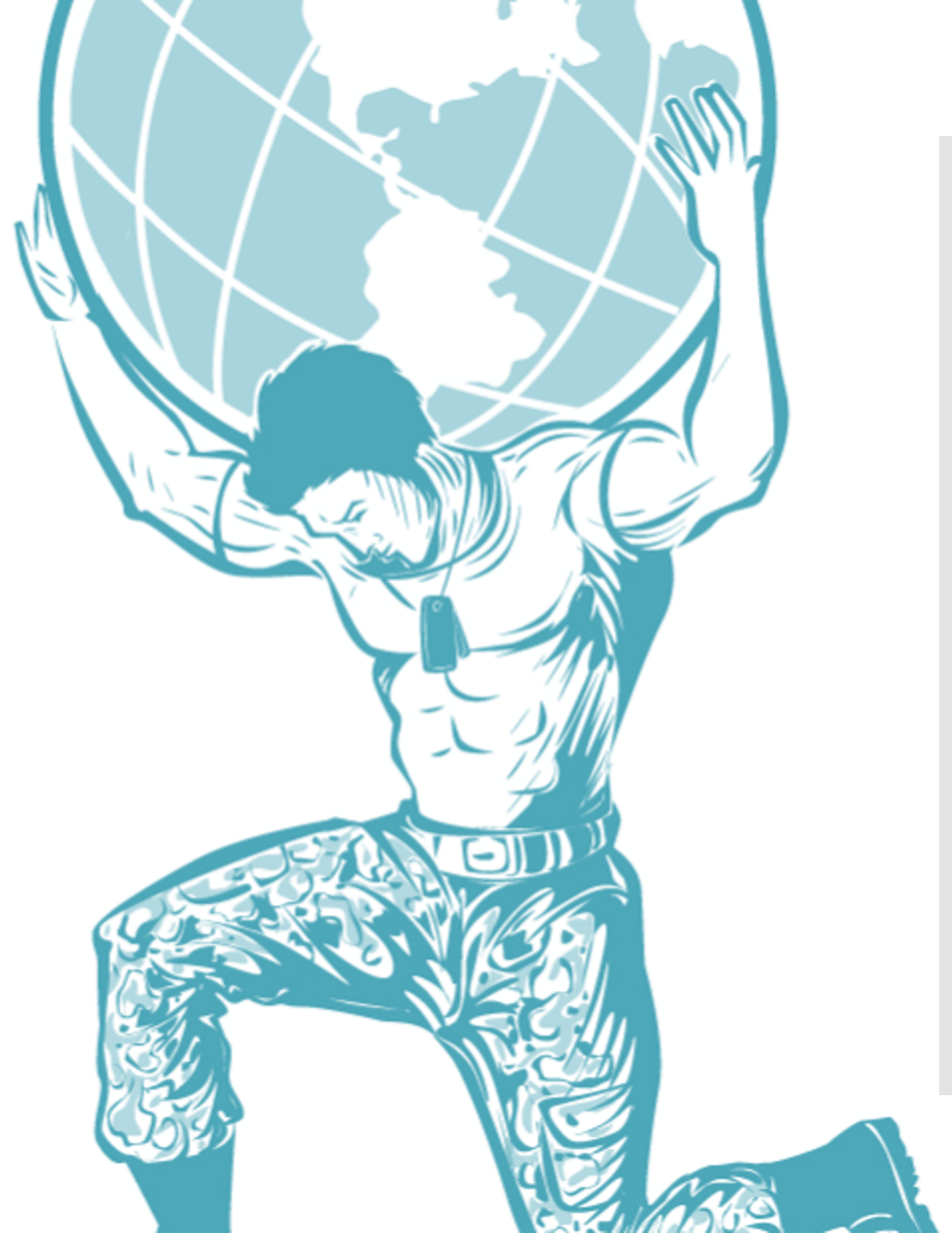
If your exam may include gynecological, breast, anal/rectal and/or mental health examinations, you may choose a same sex provider. Additionally, the permits the selection of your provider's sex when a condition is a result of MST.



Tip #2:

Make sure the VA has your current contact info.

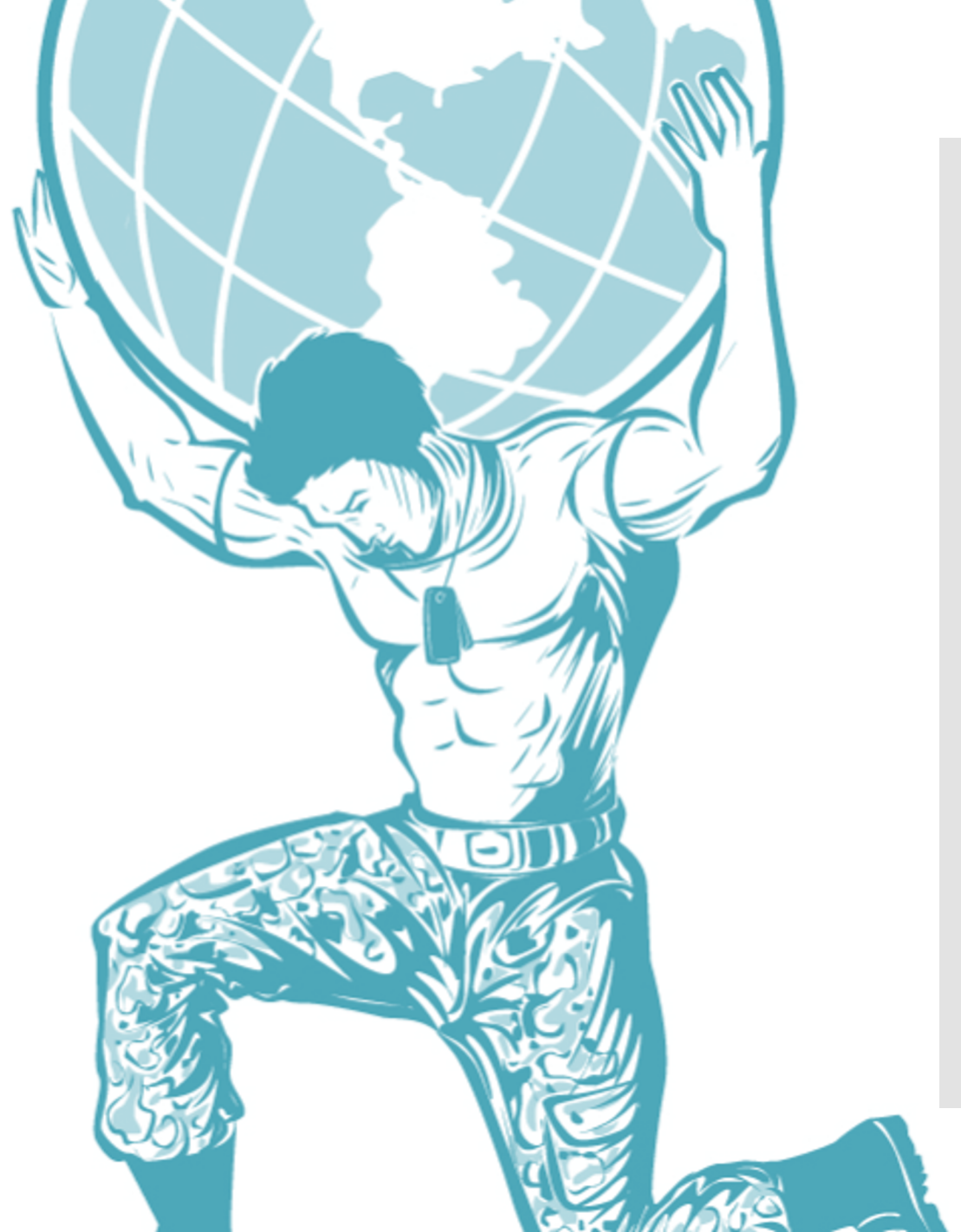
Be sure to confirm that your VA regional office and the VA have your current address, phone number, and email information. It needs to be correct in both systems in case they need to contact regarding your claim/exam.



Tip #3:

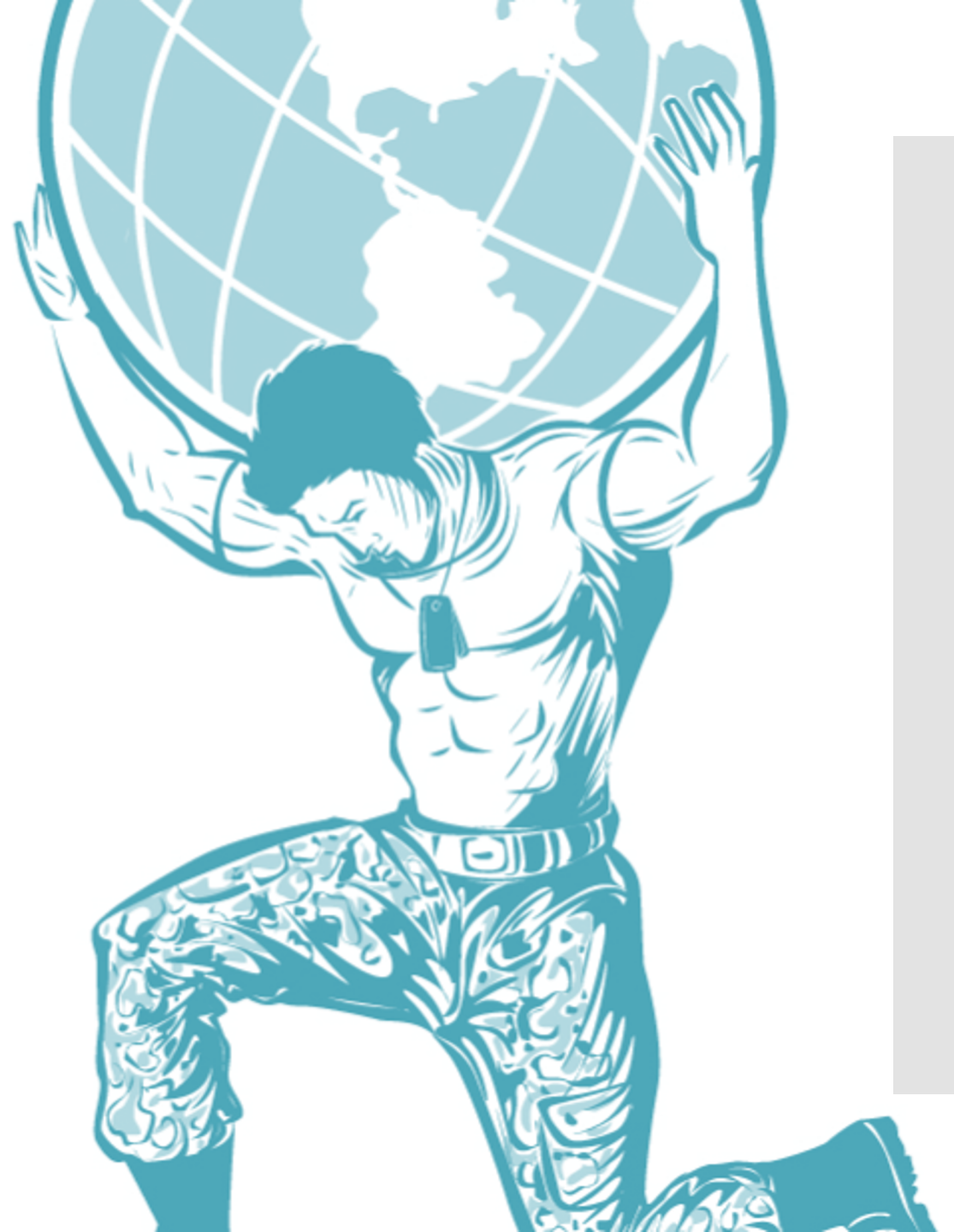
It's important to attend your VA claim exam

Missing your exam could cause VA to delay its decision on your claim OR decide your claim based on the evidence of record, which may negatively impact your benefits.



Tip #4: Call and confirm your exam.

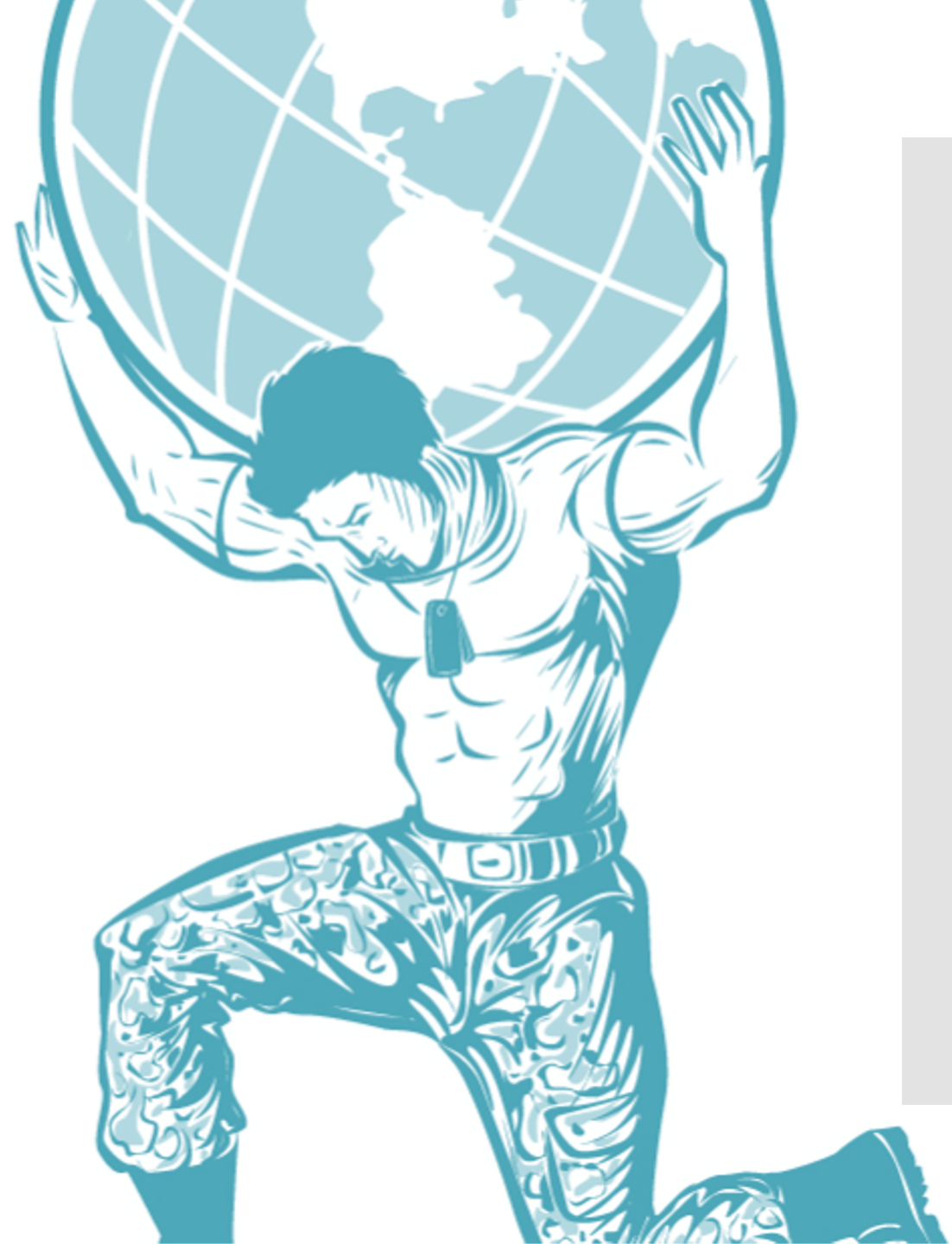
Call and confirm the time and address of the appointment. Missing the appointment may negatively impact your claim.



Tip #5:

If you need to reschedule, do it as soon as possible.

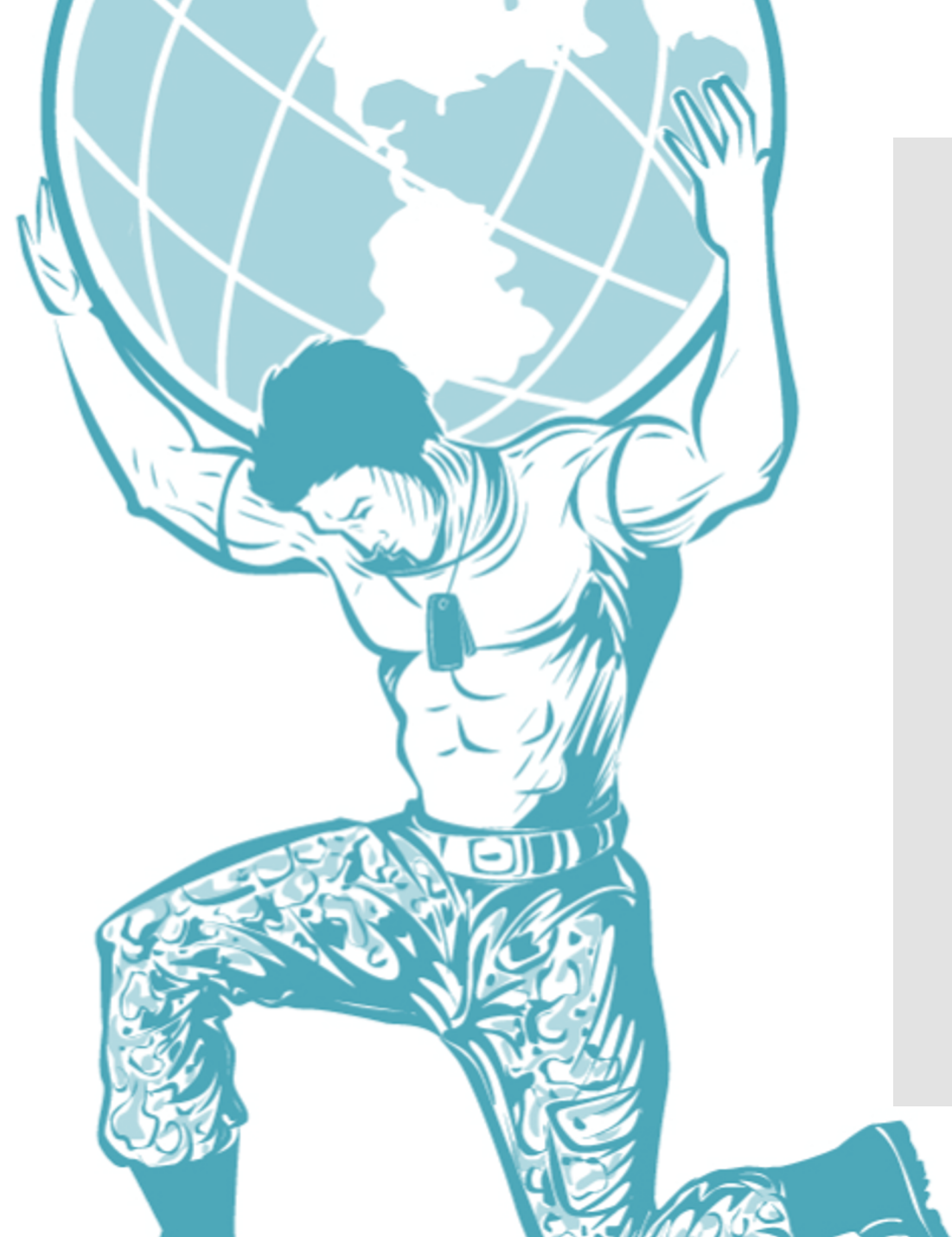
If you need to reschedule, contact the VA or the 3rd party contractor immediately. Requests should be completed at least 48 hours in advance.



Tip #6:

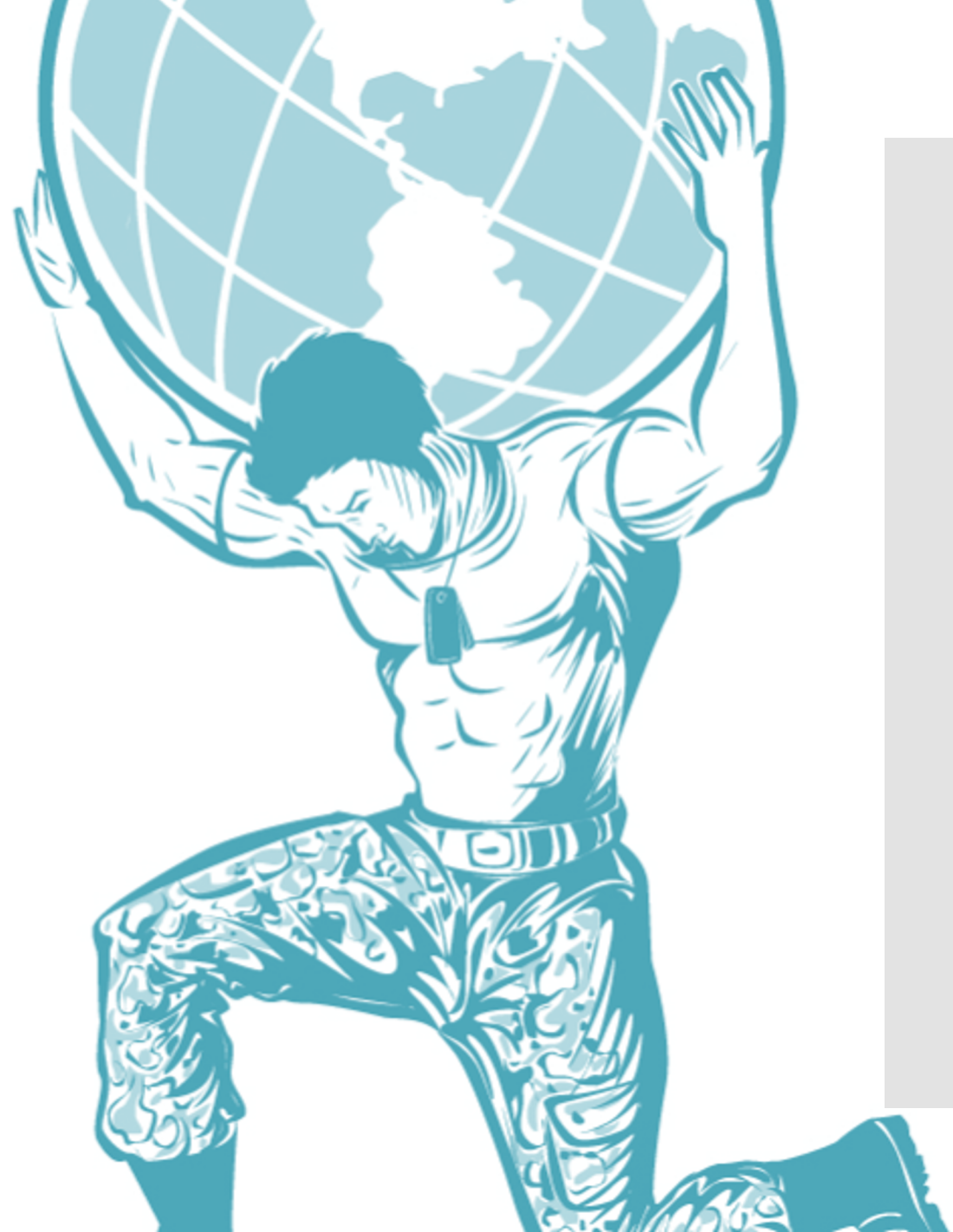
Submit all medical evidence **BEFORE** your exam.

Submit any non-VA records to the VA before the exam. During the exam, records brought in will most likely be reviewed or included in your claim.



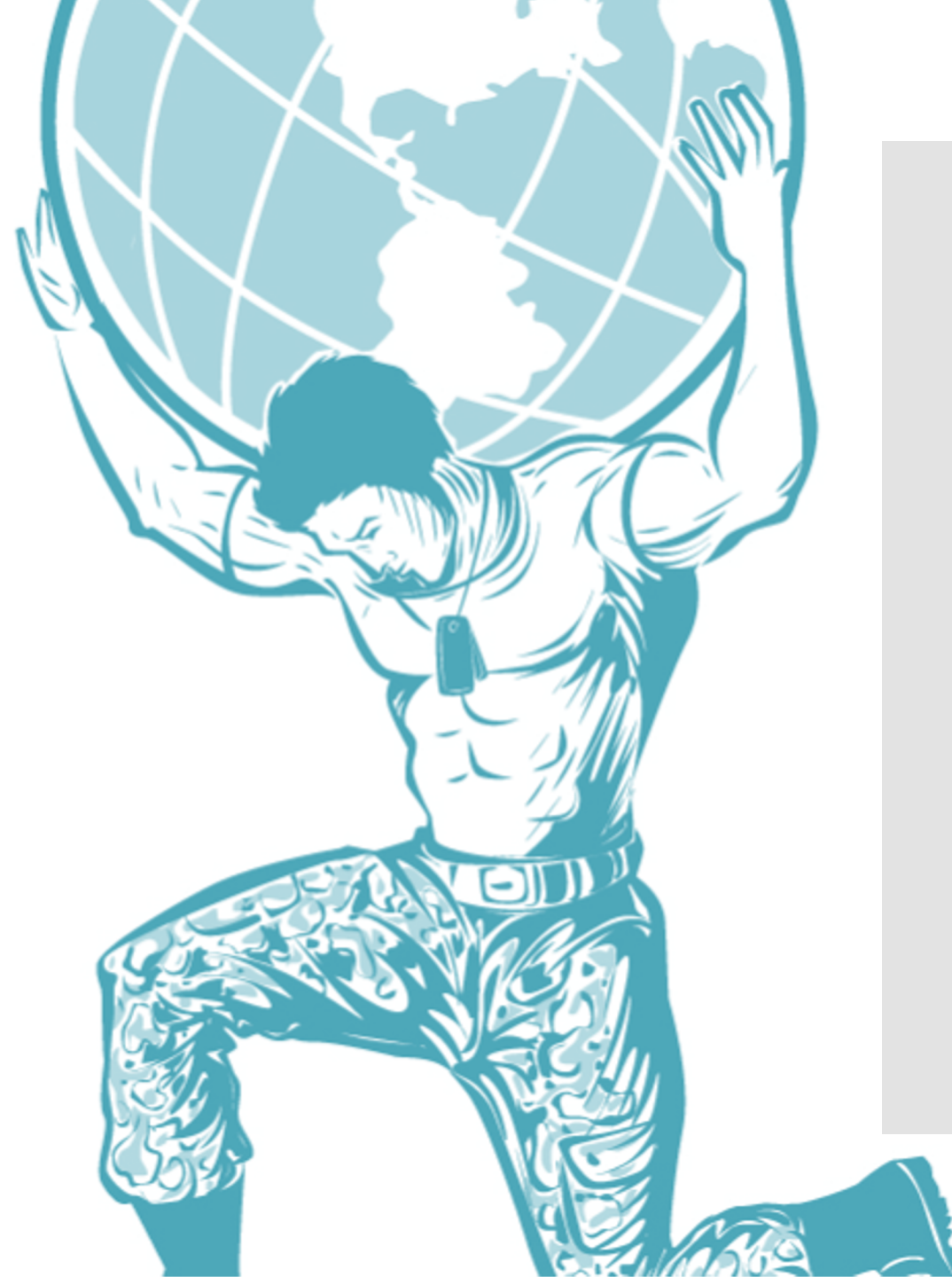
Tip #7: Arrive early.

Please arrive 15 minutes early.
Examiners may refuse to examine
you if you are late.



Tip #8:
Be truthful.

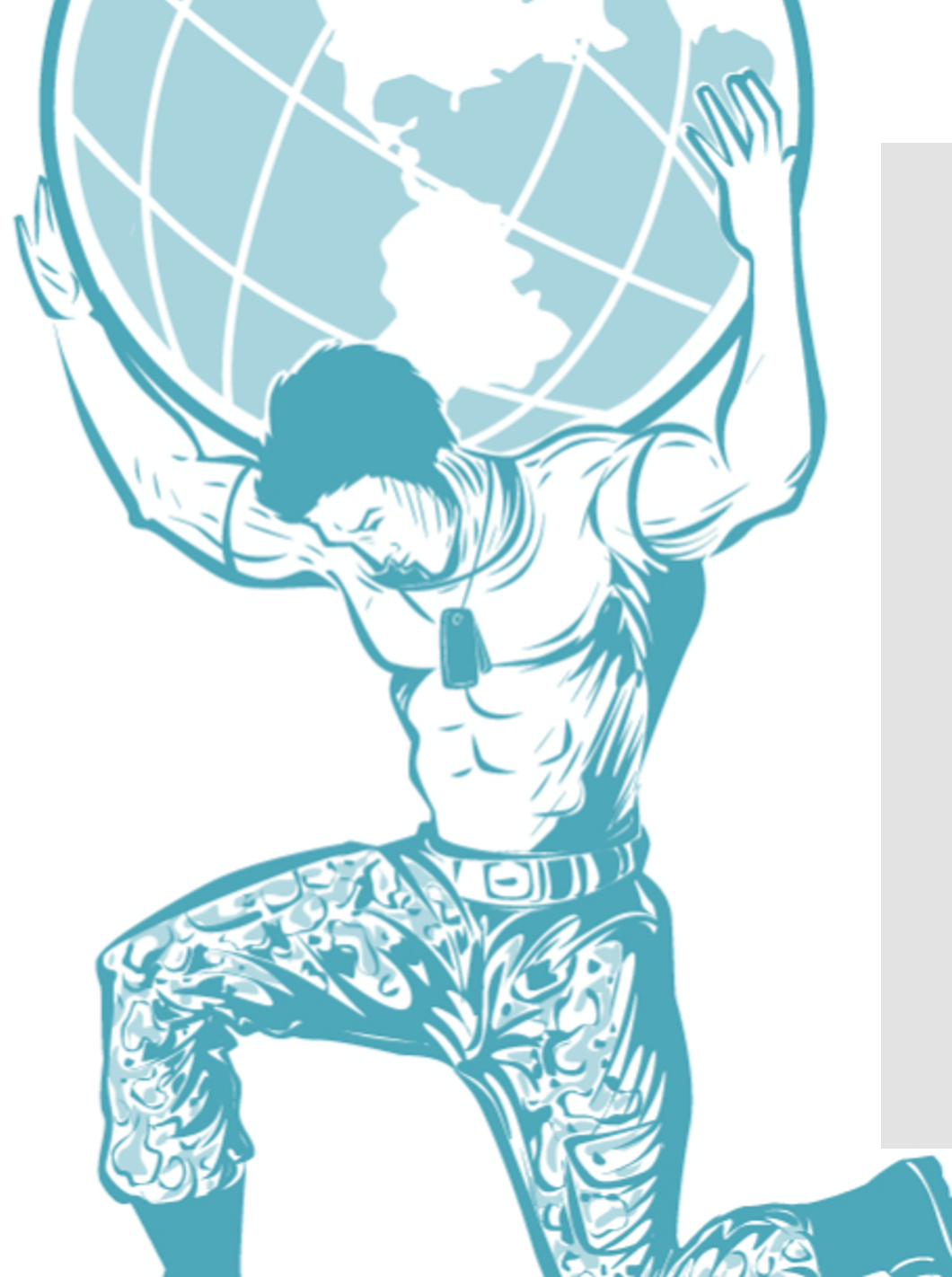
Do not exaggerate your symptoms or pain, but do not downplay them either.



Tip #9:

Do not ask about claim status during exam.

The examiner will not have this information. For questions about your claim, call 1-800-827-1000.



Tip #10:

Length of the exam does not affect decision.

Typical exams can range from 15 mins to over an hour. Examiners will review your medical records either before or after the exam.

