

# Your VA Claim Exam

KNOW WHAT'S NEXT

If you've filed a claim for disability compensation or pension benefits with the U.S. Department of Veterans Affairs (VA), you may receive a phone call or a letter asking you to come to a claim exam, also called a compensation and pension (C&P) exam. This exam is a normal part of the VA claim process and helps VA determine the claim decision. The exam may be completed by a VA examiner or a VA contract examiner. Make sure you know what to expect before going to your exam by reviewing the tips below.



## Helpful Tips

TIP SHEET | JANUARY 2022

### TIP #1: It's important to attend your VA claim exam.

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

### TIP #2: If you need to reschedule your exam, do it as early as possible.

If you need to change the day or time of your scheduled exam, even if it was a rescheduled appointment, please let the VA medical center or the contract vendor know at least 48 hours in advance. You may be able to reschedule, but this may delay your claim.

### TIP #3: Make sure VA has your current contact information.

Make sure both your nearest VA regional office and VA medical center have your current address, phone number, and email information. It is important your contact information is accurate in both places so they know how to contact you about your exam.

### TIP #4: Call and confirm your exam with VA.

Call and confirm your exam time and location at the number provided in your appointment letter to make sure you have the correct appointment information.

### TIP #5: Submit all your medical evidence with your claim application or to VA before you go to your exam.

If you have new non-VA medical records, please submit them to VA before your appointment. You may bring records to your appointment, but the provider cannot submit these records for you. All new information should be uploaded online, submitted to your accredited VSO representative or mailed to VA using the appropriate address found at [How To File A VA Disability Claim | Veterans Affairs](#) or [Mailing Address for Disability Compensation Claims - Compensation \(va.gov\)](#).

### TIP #6: Be prepared to attend multiple claim exams if you are claiming more than one disability.

If necessary, VA may request more than one claim exam if you submit a claim for several disabilities. VA will do its best to schedule multiple exams for the same day.

VA



U.S. Department  
of Veterans Affairs



FOR MORE INFORMATION

[www.benefits.va.gov/compensation/](http://www.benefits.va.gov/compensation/)

Call 1-800-827-1000

## HELPFUL TIPS

### **TIP #7: Get there early.**

Plan to give yourself time to get to your exam location and arrive about 15 minutes early. Examiners may not agree to perform your exam if you are late.

### **TIP #8: Remember, physical contact may not be required as part of your exam.**

The VA claim exam is not a treatment exam; it's an exam that allows VA to assess the disabilities you are claiming. Depending on the information included in your claim application, the examiner may only need to ask a few questions to complete the exam.

### **TIP #9: Be truthful and honest when you answer questions during your exam.**

When the examiner asks you questions during your exam, be truthful and honest: don't exaggerate your symptoms or pain, but don't downplay them either. The examiner is looking to capture information on the disabilities you have claimed.

### **TIP #10: Do not ask the examiner about the status of your claim during your exam.**

The examiner is only responsible for conducting the exam and providing the results to VA. They are not part of the decision-making process and they do not make the decisions. If you have questions about your claim, call **1-800-827-1000**, contact your accredited representative, such as a Veterans Service Organization, or check online to find out more about your claim status.

### **TIP #11: Remember, the length of your exam does not affect your claim decision.**

Exams can range anywhere from 15 minutes to an hour or more. Each exam is different depending on the Veteran and the information that has been included with the claim. Don't forget, the examiner will spend time before and/or after your appointment reviewing your medical records. Even if your visit is short, your medical evidence is still being carefully reviewed.

### **TIP #12: You can request the sex of your examiner.**

You can request the specific sex of your medical provider for gynecological, breast, anal/rectal and mental health examinations during the scheduling process. Also, if your claim is related to a mental or physical health condition resulting from Military Sexual Trauma (MST), the law permits that you may choose the sex of your examiner.

Please notify your scheduler if you have a preference for the sex of your examiner.



Disabilities determined by VA to be related to your military service may lead to monthly non-taxable compensation, enrollment in the VA health care system, up to a 10-point hiring preference for federal employment and other important benefits. These include Disability Compensation, Pension, Health Care, Caregiver Program, Career Services, Educational Assistance, Home Loan Guaranty, Insurance, Funeral, Burial and Dependents and Survivors' benefits.

Please reach out to a VA-accredited representative, such as a Veterans Service Organization (VSO) representative, for additional information. VSOs do not charge fees for their services. Information about VA-accredited representatives can be found here [Accredited Representatives Home \(va.gov\)](https://www.va.gov/accrued-representatives).

VA



U.S. Department  
of Veterans Affairs

*my*VA  
Putting Veterans First

**Your VA Claim Exam**

**KNOW WHAT'S NEXT**