

3

Nexus Letter Must-Haves

1. Is written by a credentialed, specialized physician.

A nexus letter for PTSD will be less compelling if it comes from a family doctor or a specialist in a non-mental health field. It will be more compelling coming from a board-certified psychiatrist. Make sure that the doctor writing the review holds the proper credentials and is addressing an issue within their scope of practice.



2. Contains “more likely than not” verbiage.

The VA may deny a letter that says your condition is “most likely” connected to your military service. Your doctor needs to use stronger language that demonstrates at least a 50% probability that your in-service incident, exposure, illness, etc., contributed to your condition.

3. Connects to medical rationale.

If your doctor can point to research supporting your claim, your nexus letter will be even more powerful. They can do this by citing medical literature, peer-review studies, or specific case findings. Make your doctor’s job easier by bringing them research that validates your service connection.

