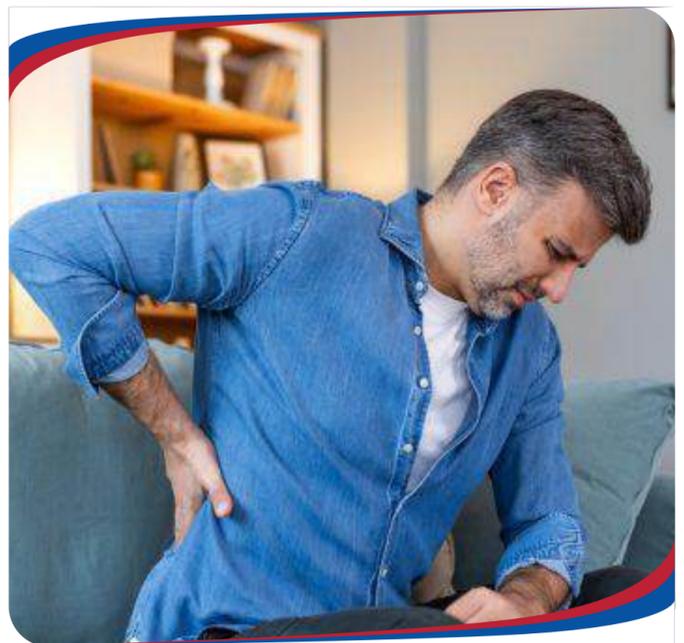


3

Steps to Boost Your VA Rating

1. Get a Diagnosis

In order to get a rating increase, you want to think like a VA adjudicator. The first thing they will want to know is that your illness or injury is legitimate. To prove this, you need a diagnosis. If it's evident in your service treatment records from your active enlistment, great. Or maybe it's in your VA records from after you got out of the military. It could also be in your private medical records from a civilian provider.



2. Prove a Service Connection

A lack of a service connection is at the root of most denied claims. Put yourself back in the shoes of the VA reviewer. They don't want to give you a VA rating for a health problem that is unrelated to your military service, so they are looking for evidence that your disability has a direct connection to your service.

3. Convey How Severe Your Condition Is

You can use your personal statement to convey how your disability affects your life. How bad is your pain? How often does it affect you, and how intense is it? Are you in so much pain that it's difficult to hold down a regular job? Another way to show how severe your condition is is with your DBQ (disability benefits questionnaire) to be completed in your C&P exam at the VA clinic or hospital.

