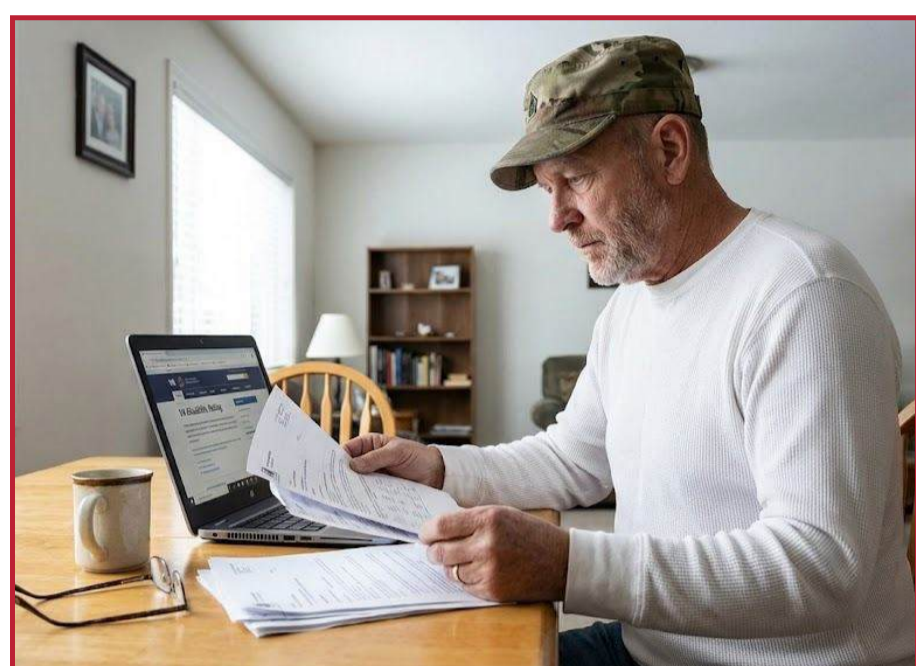
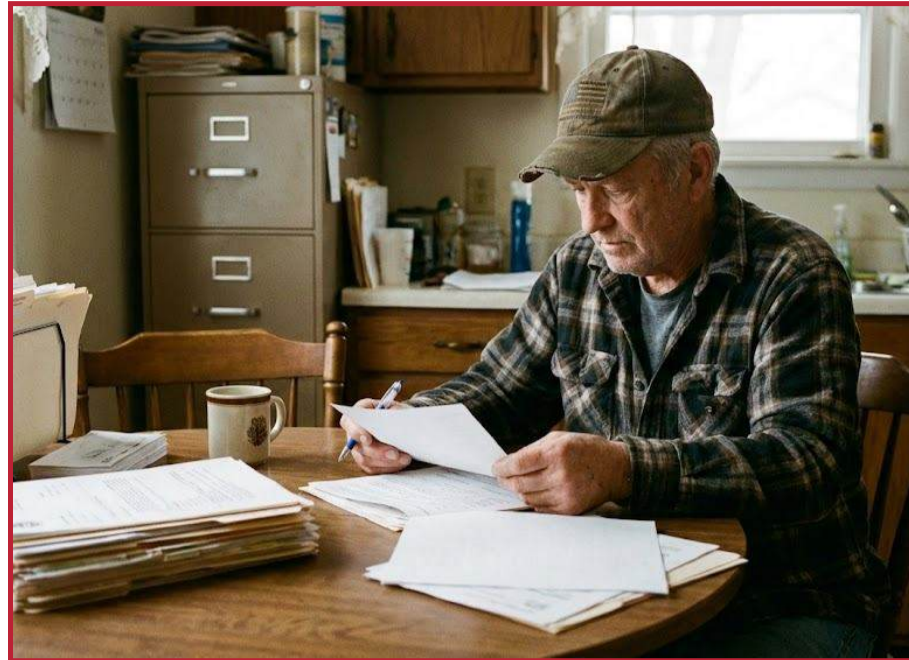


7

Steps to Prepare for Your C&P Exam

1. Review and Bring Your Medical Records

Before your exam, meticulously examine your military service treatment records, VA medical files, and any private healthcare documentation. Understand the details of your diagnoses, symptom history, and how your current condition connects to your military service. Being well-versed in your medical history allows you to provide accurate and comprehensive information during the exam.



2. Familiarize Yourself with VA Rating Criteria

Study the VA's Schedule for Rating Disabilities (38 CFR Part 4) to understand how your condition is evaluated. This knowledge helps you articulate your symptoms in a way that aligns with the VA's rating standards. If you are familiar with the criteria, you will be prepared to describe how your own symptoms fit the requirements.

3. Prepare to Describe Your Worst Days

You may be tempted to put on your "game face" like you did in the military. But this is not the time to pretend like you are sailing through life. If your health problems have worsened your self-care, don't go into your appointment with 10/10 grooming. During the exam, focus on conveying the severity of your symptoms on your most challenging days, rather than on days when you feel better.

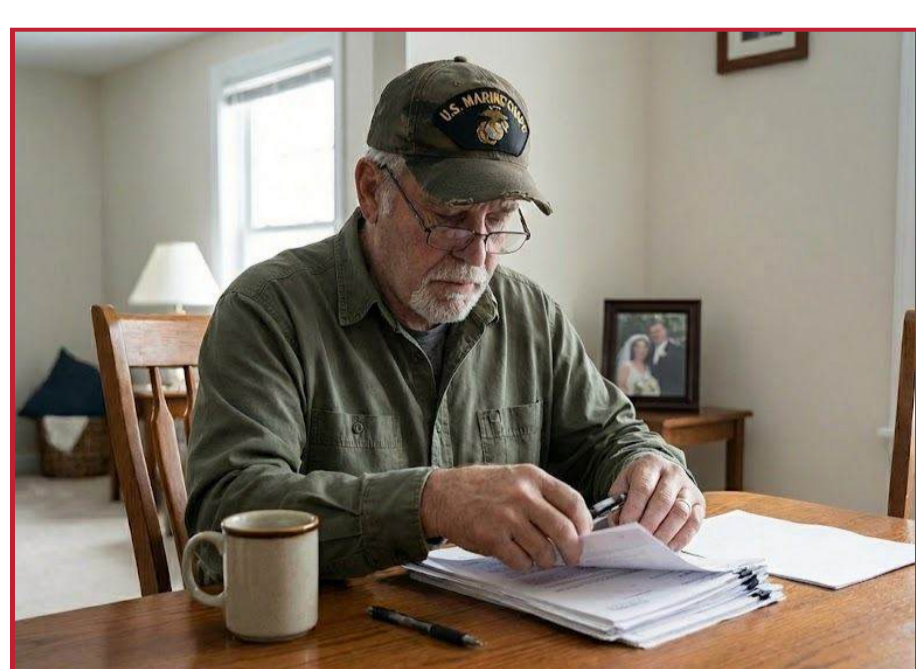
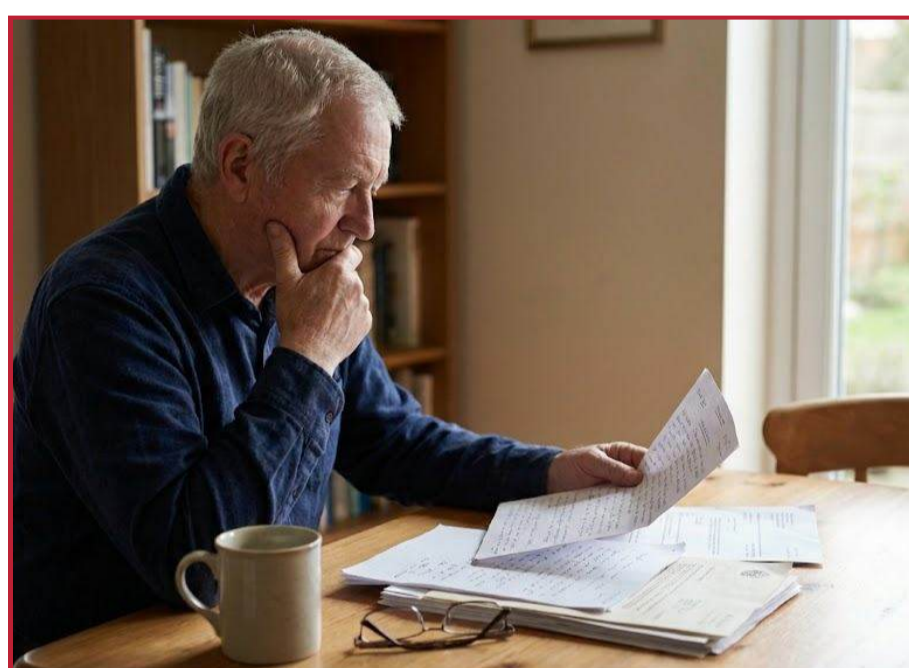


4. Practice Telling About "A Day in the Life"

Be candid about your experiences, even if discussing them is uncomfortable. Share the full extent of how your condition affects your ability to work, maintain relationships, and perform everyday activities. Use specifics to describe physical and mental effects.

5. Recount Relevant Service Events

Be prepared to discuss incidents or exposures during your military service that contributed to your current health issues. When you share the details of these events, it helps you establish a direct connection between your service and your disability, which is vital for your claim.

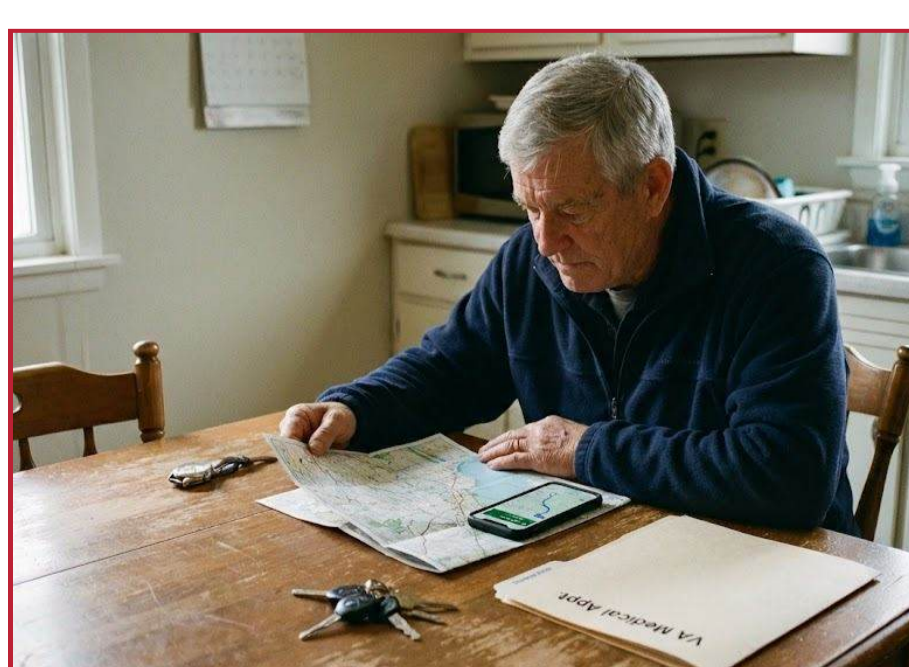


6. Bring Supporting Documentation

In addition to your medical records, consider bringing: a nexus letter written by your physician explaining that it is "at least as likely as not" that your medical condition is connected to your military service, consider writing a personal statement to add to your VA claim, and if you have strong evidence that support your claim, you can respectfully present them to your provider.

7. Plan to Arrive Early

Before your appointment, take the time to map your route to the medical facility. Plan to arrive at least 30 minutes early. You never know what traffic delays could pop up or if there will be parking challenges at the facility. Given the importance of this exam, it's best to err on the side of caution.



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