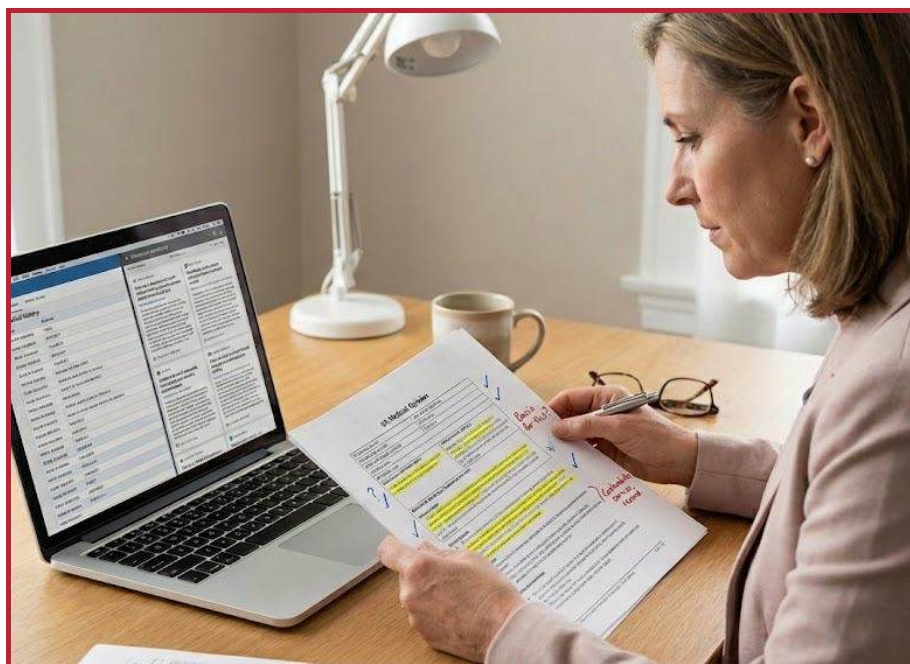


3

Steps to Counter Negative VA Medical Opinions

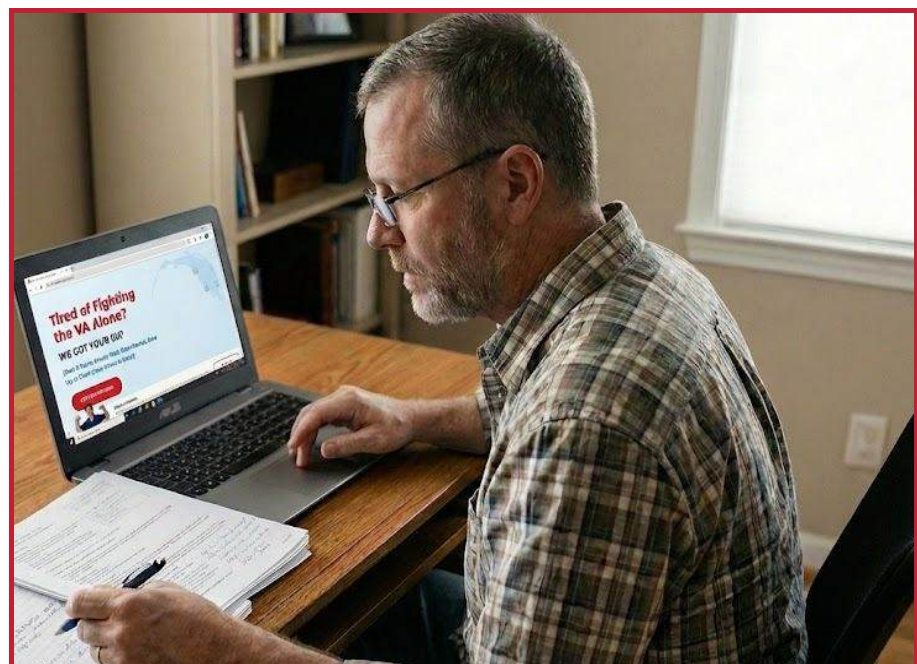
Step 1: Read the Rationale Carefully

Start by reviewing the actual language used in the VA medical opinion. Look at the reasons the examiner provides for their conclusions. Most unfavorable opinions can be challenged if you can show that they are based on incorrect information, overlook key medical history, or lack supporting evidence. The VA is required to provide a well-reasoned explanation for denying service connection or assigning a lower rating.



Step 2: Request Another C&P Exam

A C&P exam must be thorough and accurate. If you don't believe yours was, you can request another one. Just make sure you act quickly so you can get the exam lined up before the VA officially denies your claim. Explain the problems with your C&P exam and request another one. Then, write a Memorandum for Record (MFR) documenting your experience at the exam. Go to your VA.gov account and find the claim in question. Then, upload the MFR to that file.



Step 3: Get a Nexus Letter

If it was an unfavorable medical opinion that sabotaged your case, fight back by getting your own private independent medical opinion (IMO), also known as a nexus letter. This letter, written by a medical provider, shows the "nexus" between your condition and your military service. Your private doctor can review your full medical and service history and write a detailed explanation about why they think your condition is connected to your military service.



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