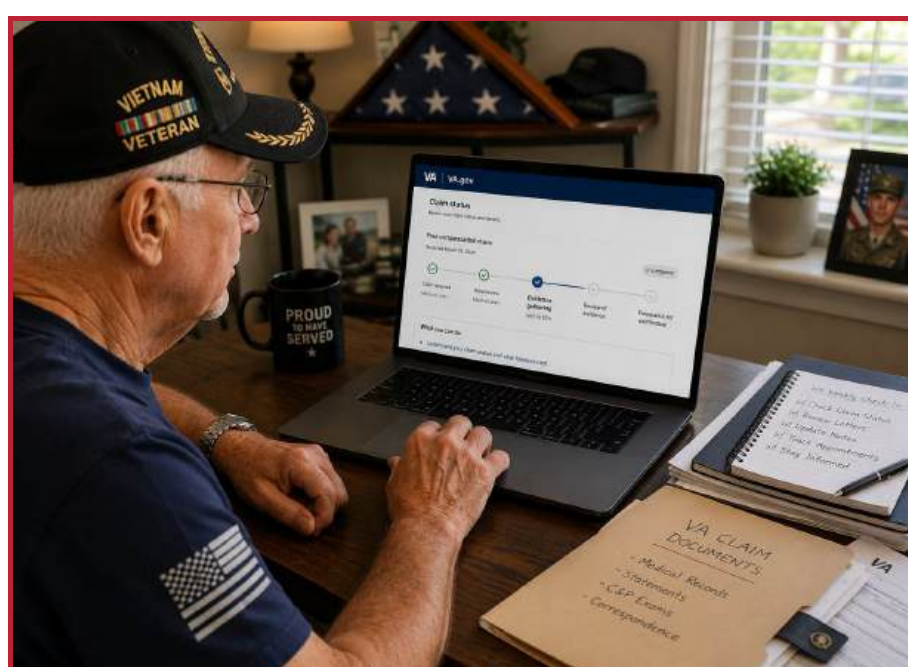


5

Tips for Tracking Your VA Disability Claim

1. How to Check Your Claim Status on VA.gov

VA.gov organizes the review into five phases, Claim Received, Initial Review, Evidence Gathering, Preparation for Decision, and Complete. Check status weekly rather than daily, and document reference numbers and new dates for future follow-up.



2. Understanding VA Terminology and Timelines

"Evidence Gathering" is the longest phase; records are collected, and C&P exams are scheduled. "Preparation for Decision" means a rater is actively working the case. "Complete" means a decision was made, watch mail and check VA.gov for the letter.

3. Other Ways to Stay Informed

The VA Benefits Hotline at 1-800-827-1000 confirms status and document receipt. Your local VARO offers direct file access for stalled claims. VSO-accredited agents track claims through non-public channels and flag issues that the standard portal won't surface.

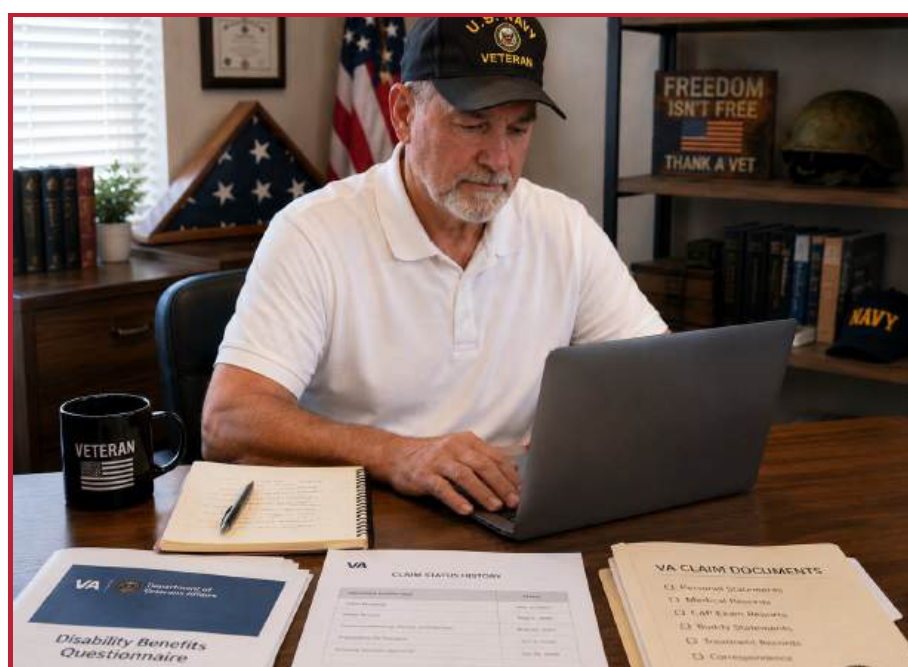


4. When to Stop Watching and Start Moving

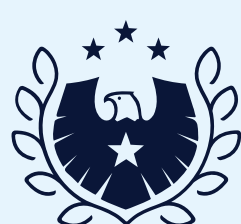
A claim stuck beyond published processing times warrants a follow-up call or VARO visit. If a C&P exam is scheduled, document how your condition affects daily life, describe your worst day, bring medical records, and review the relevant DBQ beforehand.

5. Track the Progress. Own the Outcome

Staying informed about your claim isn't a passive activity. The veterans who move through this process most effectively know where their claim stands, understand what each status update reflects, and act decisively when something needs attention.



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