

Your Records Collection Checklist

To establish service connection, the VA requires proof of an in-service event, injury, or exposure, plus a current medical diagnosis dated within 365 days of your claim or intent to file. A nexus letter connects the two. This guide covers what our doctors need, organized by priority.

Every records review is 100% free, you'll never pay before we confirm we can help.

Records We Need to Get Started

These are essential. Without them, our doctors can't begin your medical evidence review.

Military Service Records

- ☐ **DD214** confirms service dates and discharge status
- ☐ **NGB-22** NG Guard equivalent of a DD214
- ☐ **Service Treatment Records**
medical entries from active duty or drill

Medical Records

- ☐ **VA Medical Records**
from every VA facility or community care provider
- ☐ **Private / Civilian Records**
treatment related to your claimed condition
- ☐ **Current Diagnosis**
from a licensed provider, within 365 days

Records That Strengthen Your Case

Not required to get started, but these help us build a stronger letter. Send whatever you have.

Service and Personnel

- ☐ **Deployment Records** and mobilization orders
- ☐ **Personnel Records** duty assignments, unit history
- ☐ **MOS / AFSC Documentation**
- ☐ **Activation Orders** NG / RESERVE Title 10 or Title 32
- ☐ **Line of Duty Determination** NG / RESERVE
- ☐ **Drill Attendance Records** NG / RESERVE
DA Form 2173

Medical and Personal

- ☐ **Pharmacy Records** prescription history
- ☐ **Diagnostic Test Results** labs, imaging, sleep study, etc.
- ☐ **Personal Statement**
describing the in-service event and your symptoms since
- ☐ **Buddy Statements**
VA Form 21-10210, from service members or family
- ☐ **Employment Records** showing work limitations
- ☐ **ILER** exposure record, download from VA.gov

If Your Claim Was Denied

Most veterans come to us after a denial. Your rating decision tells us exactly what the VA found lacking.

- ☐ **Full VA Rating Decision**
includes denial reason and evidence considered
- ☐ **The C&P Exam Report** used in the decision
- ☐ **Prior Rating Decisions**
and any related VA correspondence
- ☐ **New Medical Evidence** not previously submitted to the VA

Tip: Your ILER is one of the most powerful documents in your case. It provides official, VA-acknowledged proof of your exposures during service. Pull it yourself at VA.gov.

Where to Look & Extra Evidence

Where to Find Your Records

- **VA.gov**
medical records, Blue Button report, and ILER
- **National Personnel Records Center**
Service Treatment Records, personnel files, DD214 copies
- **My HealtheVet**
treatment notes, labs, prescriptions
- **Your private doctors**
records from any civilian provider

Common Diagnostic Tests by Condition

If you have results from any of these tests, include them. They provide objective evidence our doctors use when writing your letter.

- ☐ **X-Ray / MRI / CT** joint, spine, and soft tissue conditions
- ☐ **Bloodwork**
toxic exposure, diabetes, autoimmune conditions
- ☐ **Pulmonary Function Test**
asthma, COPD, burn pit respiratory claims
- ☐ **Sleep Study** sleep apnea diagnosis and severity
- ☐ **EMG / Nerve Conduction**
peripheral neuropathy, radiculopathy
- ☐ **EGD / Colonoscopy** GERD, ulcers, GI conditions
- ☐ **Stress Test** heart disease, cardiovascular claims
- ☐ **Biopsy Reports** cancer, tissue-based conditions

MST (Military Sexual Trauma) Claims

MST claims don't require in-service documentation of the event itself. The VA accepts alternative marker evidence such as behavioral changes, performance records, and lay statements.

Primary Records

- ☐ **Mental Health Records** VA and private therapy notes
- ☐ **Current Diagnosis** PTSD, depression, or anxiety
- ☐ **Psychological Testing** PCL-5, CAPS-5 scores
- ☐ **Law Enforcement Reports**
CID, NCIS, JAG, even if no action taken

Marker Evidence

- ☐ **Family or Friend Statements**
documenting behavioral changes
- ☐ **Performance Changes**
reassignment requests, disciplinary issues
- ☐ **Crisis Hotline Records** or counseling center records
- ☐ **Medical Records**
treatment for injuries consistent with assault

Need Help? We're Here.

Not sure what you need, or missing something? Reach out and we'll walk you through it.

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