



How to File VA Disability Claim

1. Gather medical evidence: military and civilian medical records.
2. Find/determine what is needed to rate the condition.
3. Commander's statements & supporting evidence.
4. MEB/ Physical Evaluation Board documents. ANY service member referred to IDES can file.
5. Copy of DD214; Disability payback if started within a year of separation.

DENIED? DON'T GIVE UP, GET HELP!

Under the PACT Act some conditions are now considered presumptive and may be approved.
<https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

IDES: Increases VA/DoD transparency through a single examination process to meet both VA and DoD needs and reduces Medical Evaluation Board (MEB) time by starting when referred to MEB and ending in VA Benefits or Return to Duty.

Pre-Discharge claim: If referred to IDES, a Physical Evaluation Board Liaison Officer (PEBLO) and VA Military Services Coordinator will be assigned. You can file for disability benefits **180-190 days BEFORE** you leave the military to help speed up decision. Find out how through Benefits Delivery at Discharge (BDD) program.

You can apply for Education Benefits, Housing Assistance and Veterans Readiness and Employment.

<https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/>

WHAT IF I NEED MORE INFO?

Start with Veterans Service Officer who is there to advocate for YOU. 844-SERV-VET

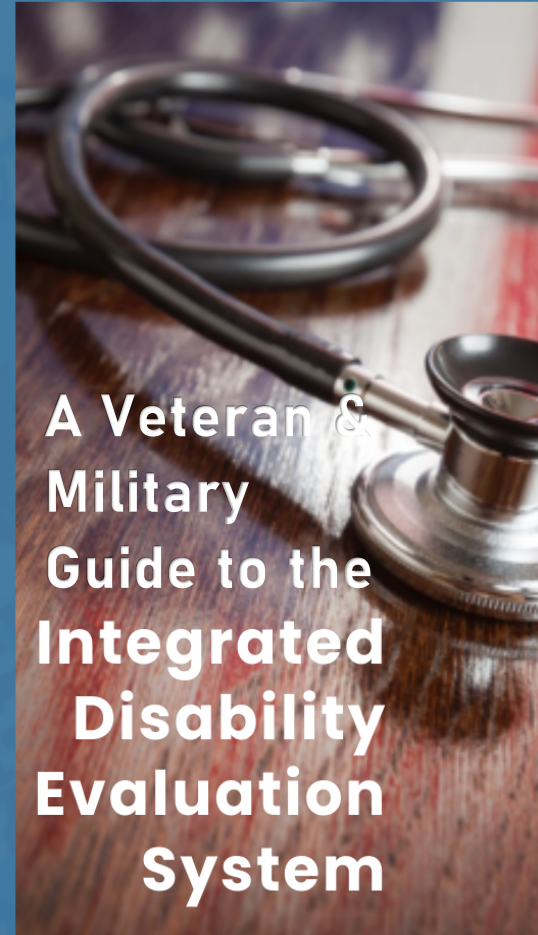
<https://www.cacvso.org/county-contacts/>

UNDERSTAND THE EVALUATION LAW.

VA WEB AUTOMATED REFERENCE MATERIAL SYSTEM (WARMS)

<https://www.benefits.va.gov/warms>

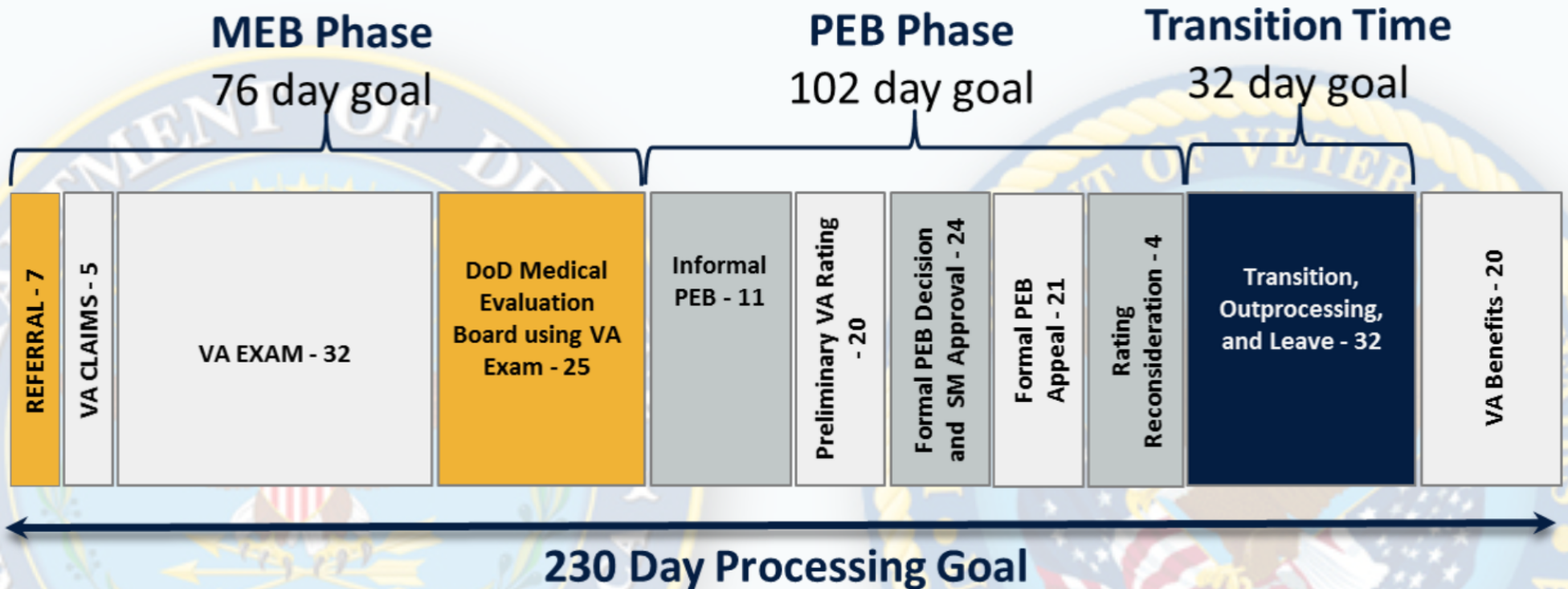
VA Schedule for Rating Disabilities (VASRD). Part of the process to evaluate for service-connected disabilities.



A Veteran & Military Guide to the Integrated Disability Evaluation System

VA/DoD Integrated Disability Evaluation System (IDES) is a joint process in which the VA helps the DoD determine if ill or injured service members are fit for military service and provides disability benefits to service members and veterans.

IDES Process



Medical Evaluation Board (MEB):
Medical phase consisting of referral into the process, medical examinations, review of conditions potentially affecting fitness for duty.

Physical Evaluation Board (PEB):
Personnel phase where fitness for duty is determined. PEB consists of an informal board, receipt of disability ratings and disposition and a formal board if requested by the service member.

Transition:
Fit for duty service members return to duty and those who are unfit for duty are separated or retired from military service.

Final Benefits:
Disability rating is processed by the VA and member begins receiving VA benefits.

References

DHA Warrior Care. (2023). IDES. https://warriorcare.dodlive.mil/Portals/113/Documents/Reference%20Center/IDES_Fact%20Sheet_6_20_23.pdf?ver=wYXi8VebvIMkIaqkEPHMQ%3d%3d
United States Special Operations Command. (2022). *Warrior care program*. accessed 27 July 2023 from <https://www.socom.mil/care-coalition/Pages/IDES-Toolkit.aspx>