

VA



U.S. Department
of Veterans Affairs

HELLO.

Welcome to VA. Let's get started.

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Understand how VA can meet your needs

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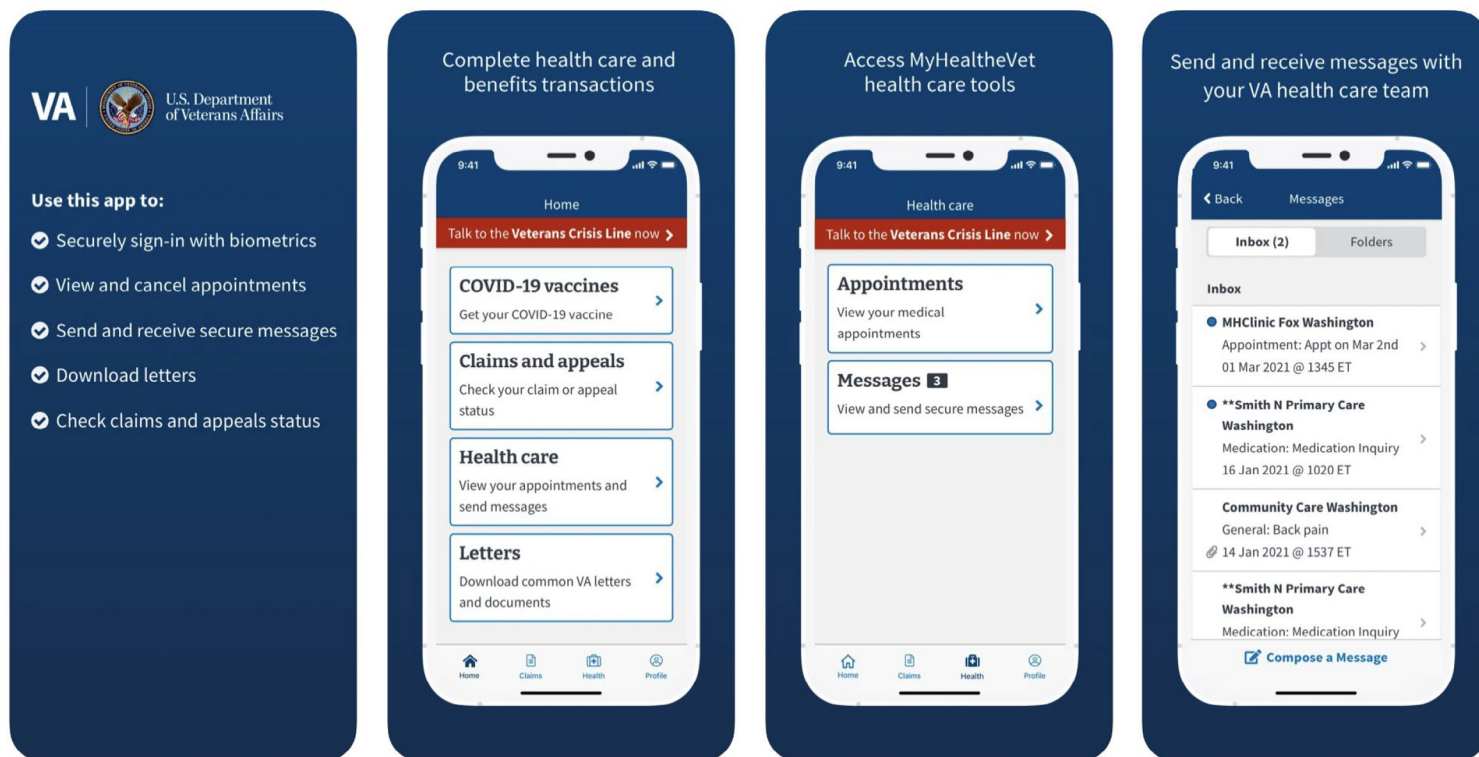
17 YOUR QUICK START GUIDES
Get additional details on accessing
key VA benefits and services



VA: Health and Benefits Mobile App

An app to help Veterans quickly and easily manage their VA benefits and services

VA's app allows Veterans to quickly and easily check the status of their services and complete simple transactions across health and benefits.



Voices from Veterans

"Everything that I would go on there for is readily available, so I like it...VA.gov has changed and it's straightforward. This is giving me the same feeling."

"I love that I can manage my benefits...on here. Thank you!"

"Easy to use, quick to access, great info right at your fingertips, and looks great. Well done, VA. Thank you!"

"Love the sign-in options, the biometrics are a huge time saver."

Key Features

Biometric login: Enable face, fingerprint, or iris biometrics as a more convenient method for authentication.

Profile: View and edit personal information, including disability rating, and direct deposit information for payment.

Claims and Appeals Status: View claim statuses and upload additional evidence if needed by some claims.

Facility Locator: Use phone location services to find the nearest VA facilities.

Appointments: View or cancel appointments, integrated with native phone features such as their calendar and map apps.

Veteran Crisis Line: Access the crisis line with SMS integration.

Secure Messaging: Communicate with your VA health providers directly through the app.



Learn what VA can do for you

VA can support you and your loved ones in different ways throughout your life. Your VA Welcome Guide provides a broad overview of services VA can offer you. To access more information about VA benefits and services, visit us online at <https://www.va.gov>.

GET HELP FOR YOURSELF OR A FRIEND IMMEDIATELY

Call the **Veterans Crisis Line** at **800-273-8255** and **press 1**, or refer to the emergency resources (p15) to find additional resources and access immediate care.



Health Care

- Basic and Specialty Care
- Mental Health Care
- Long-Term Care
- Crisis Support
- Well-Being Services



Finances

- Monthly Disability Payments
- Life Insurance
- Burial Allowances



Housing

- Home Loans
- Refinancing Options
- Adapted Housing Assistance



Employment

- Skills Training and Counseling
- Online Career Tools
- Hiring Events



Education

- GI Bill
- Training Programs



Memorialization

- Burial and Committal Services
- Headstones and Markers
- Burial Flags



More Support

Organizations outside of VA can help you find the support you need:

- Veterans Service Organizations
- Local Community Resources

Understand your eligibility

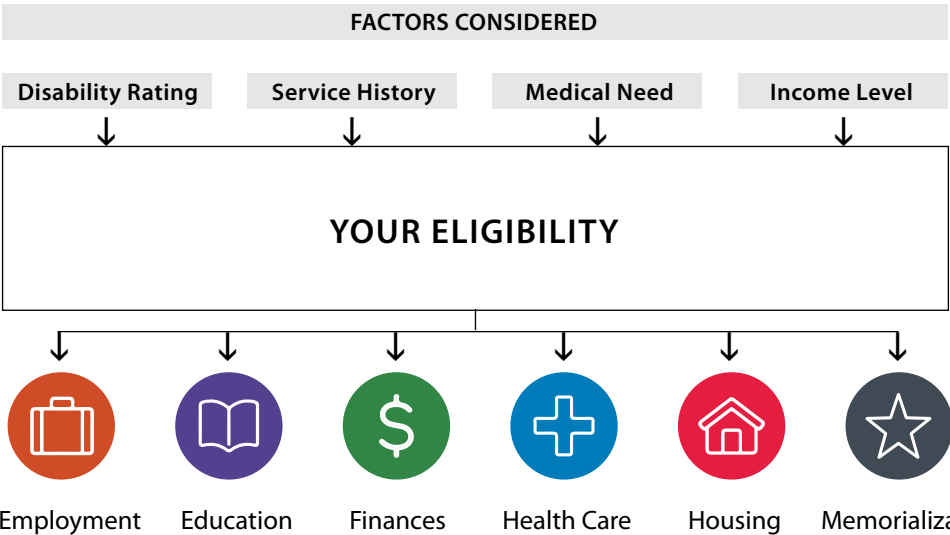
Access to VA benefits and services depends on your eligibility.

Eligibility is determined using different factors depending on the benefit. While a lot of information is used to determine your eligibility for benefits, **one critical factor may be your disability rating.**

What is eligibility?

VA uses “eligibility” to describe the benefits and services a Veteran can access. Each benefit you are trying to access may require a different set of eligibility factors. For example, you may be eligible for the GI Bill but not for enrollment in VA health care. If you are interested in a certain benefit, work with VA to determine your eligibility.

How is eligibility determined?



VA considers a different combination of factors for each benefit, which could include your **disability rating, service history, medical need, and income level.**

Understand your Disability Rating

Your disability rating is one of several factors that affects your eligibility for benefits and services. **Your disability rating is important because there are a number of services available only to Veterans with a disability rating.**

What is a disability rating?

A disability rating is a **rating VA gives you to describe how much your service-connected disability impacts your daily life, particularly your ability to work.** A “service-connected” disability is an injury, disease, or condition that resulted from or was made worse during military service. **Disability ratings range from 0%–100%.** A 0% rating means your disability does not affect your everyday life. Any rating, including a 0%, makes you eligible for certain services. While you might feel your condition is not serious, you should still consider applying for a rating.

How is a disability rating determined?

You must file a claim for disability. VA determines your rating based on the evidence you provide (which includes your medical records and DD214 and the severity of your condition.) Once your claim is processed, you will receive a disability rating. To find out more about filing a claim, call 800-827-1000 or visit <https://www.va.gov/disability/how-to-file-claim>.

WHAT BENEFITS AND SERVICES CAN YOU ACCESS WITH A DISABILITY RATING?

Some benefits and services include:

- Disability Compensation
- Enrollment in VA health care
- Veteran Readiness and Employment (VR&E)
- Federal hiring preference
- VA Home Loan fee exemption
- Specially Adapted Housing Assistance

Visit the following link for a comprehensive list of VBA benefits and services, <https://www.benefits.va.gov/atoz/>.


WHERE CAN YOU GET IN-PERSON HELP?


You can receive help preparing your claim from a Veterans Service Organization (VSO). To find a VSO, visit <https://www.ebenefits.va.gov/ebenefits/vso-search> and search by state or zip code. You can also get help in-person at a VA Regional Office.


Find out where VA fits into your life


No two Veterans are the same. You might experience many of these important life moments in a different order. **Based on where you are in your life, VA can serve you in different ways.** Use this map to explore how VA can support you both now and in the future.


WHAT DO YOU NEED?


 Health Care


 Finances

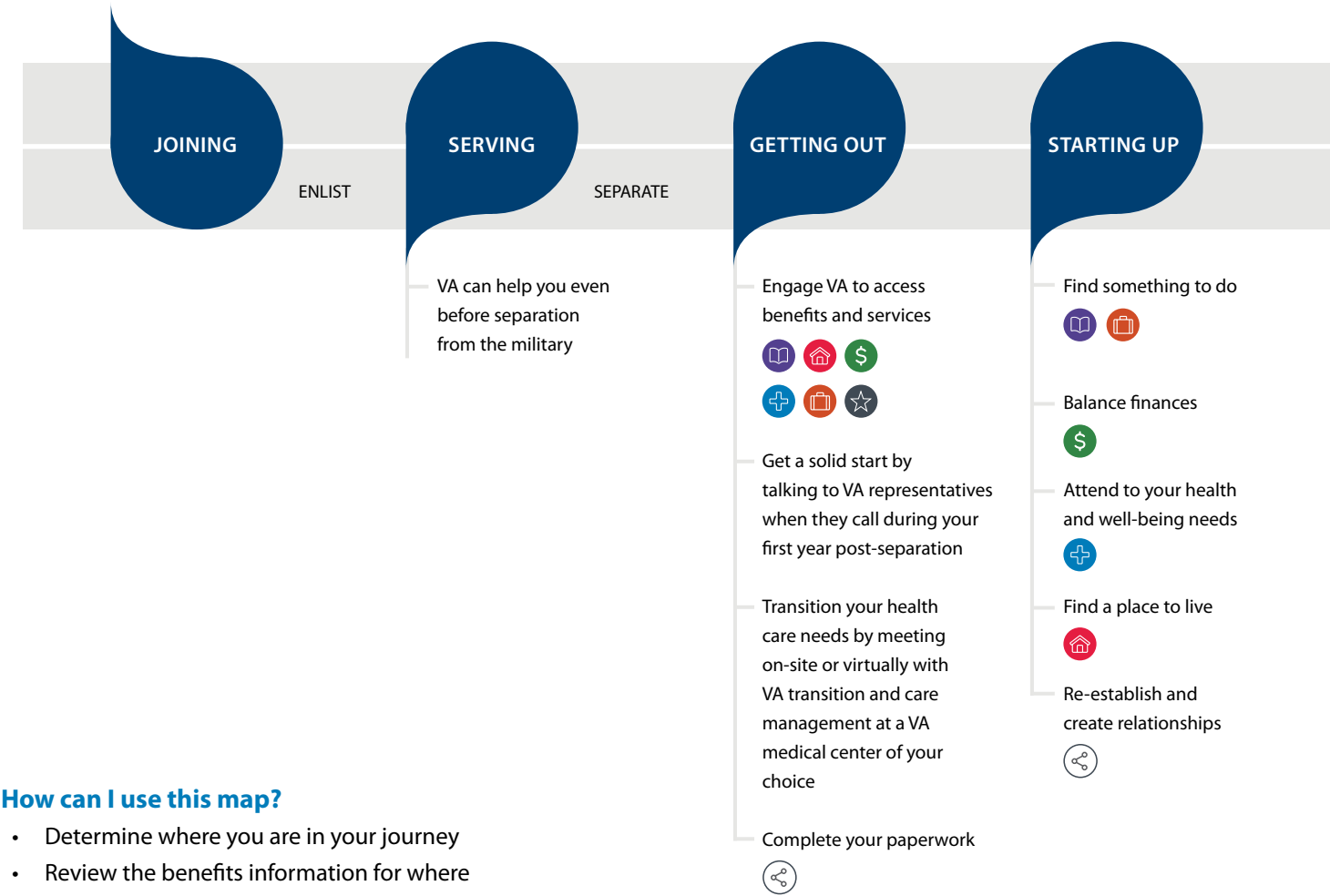
 Housing

 Employment

 Education

 Memorialization

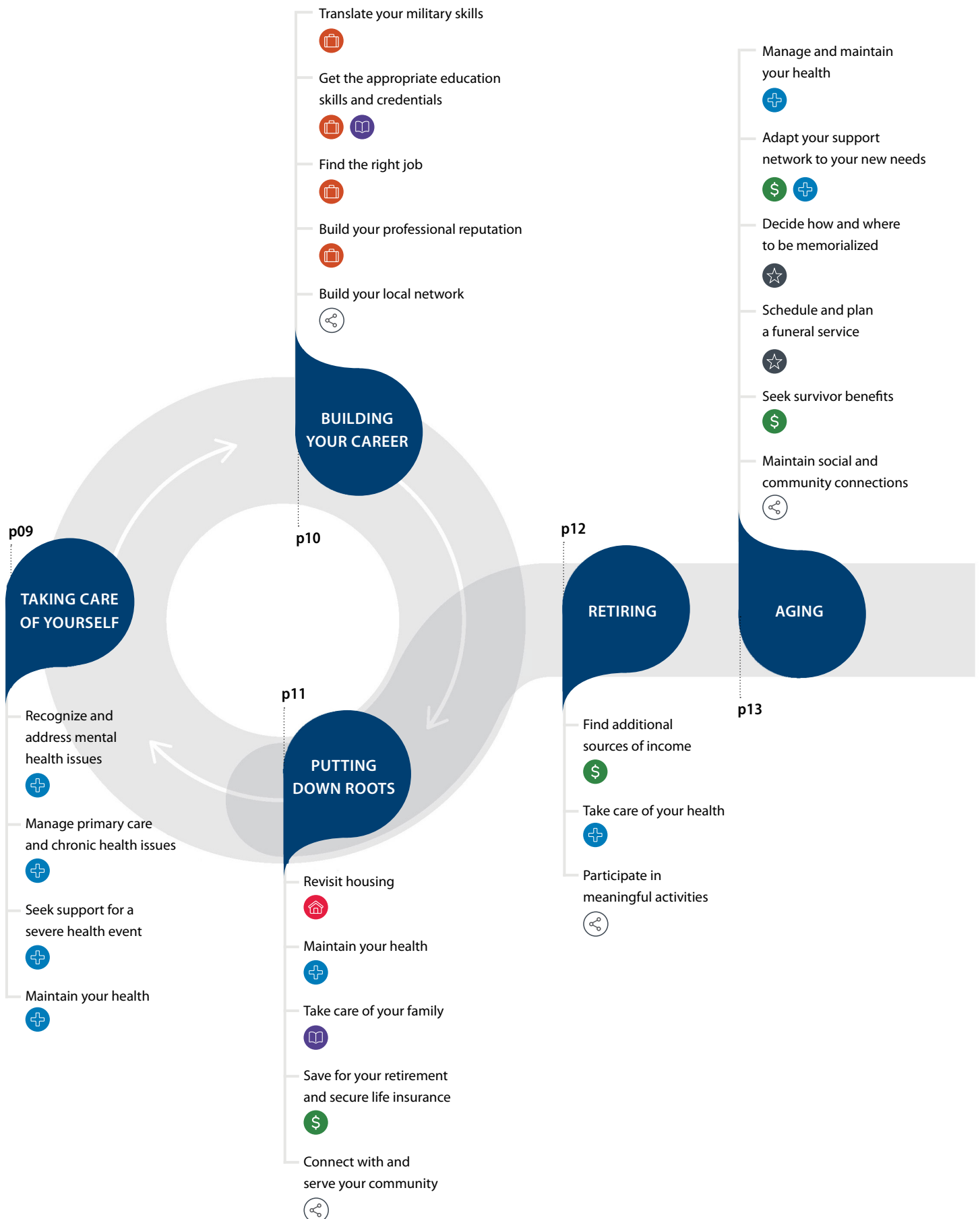
 More Support



How can I use this map?












- Determine where you are in your journey
- Review the benefits information for where you are in your journey
- Read ahead to discover how VA may be able to support you in the future

If you are interested in VA benefits, make sure to work with VA to determine your eligibility as soon as possible.



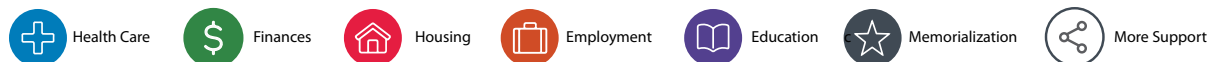
Some ways VA can help you while you're...

GETTING OUT

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
Engage VA to access benefits and services	 Get a Solid Start	VA is calling every newly separated Service member three times during their first year of separation. Qualified VA representatives will be reaching out to help you better understand the benefits available to you and help you get a solid start on your civilian life.	Find out more: https://benefits.va.gov/benefits/solid-start.asp	Ask us a question: myVA411-800-myVA411 (800-698-2411)	Locate facilities: https://www.va.gov/find-locations
	 Transition your health care	Transition and Care Management Team members will help Post-9/11 Veterans navigate their way through the VA health care system	https://www.va.gov/post911veterans/	Health Care Line: 877-222-8387 (press 0)	Transition and Care Team Locator: https://www.va.gov/post911veterans/
	 Apply for enrollment in VA health care	VA Health Care Inpatient and outpatient health services at VA Medical Centers, clinics and potentially in the community	https://www.va.gov/health-care	Health Care Line: 877-222-8387 (press 1)	Your local VA Medical Center
	 Continue your education	GI Bill Helps pay for education for Veterans and/or their dependents	https://www.va.gov/education/about-gi-bill-benefits	Education Center: 888-442-4551 From Overseas: 001-918-781-5678	Your VA Regional Office
	 Obtain educational and career counseling	Personalized Career Planning and Guidance Receive personalized, professional planning and guidance to help you choose how to use your education benefits to support your career goals	https://www.va.gov/careers-employment/education-and-career-counseling	VA Benefits Line: 800-827-1000	Your VA Regional Office
	 Prepare to find a job	Careers and Employment Veterans with service-connected disabilities receive individualized support for their education, training, or credentialing needs for employment	https://www.va.gov/careers-employment	VA Benefits Line: 800-827-1000	Your VA Regional Office for Veteran Readiness and Employment (VR&E)
	 Become a homeowner	VA Home Loans VA can help you obtain a VA guaranteed loan	https://www.benefits.va.gov/homeloans	Regional Loan Center: 877-827-3702	Your VA Regional Loan Center
	 Apply for a disability rating	Disability Compensation Compensation paid to Veterans for a disability related to service	https://www.va.gov/disability/how-to-file-claim	VA Benefits Line: 800-827-1000	Your VA Regional Office
	 Plan for your family's financial future	VA Life Insurance Life Insurance for Service members, Veterans, and their families. Some benefits must be applied for shortly after separation.	https://www.benefits.va.gov/insurance	SGLI/VGLI: 800-419-1473 All Other VA Life Insurance: 800-669-8477	Your VA Regional Office
	 Apply for supplemental income	Veterans Pension Supplemental income available to low-income wartime Veterans	https://www.va.gov/pension	VA Benefits Line: 800-827-1000	Your VA Regional Office
Complete your paperwork	 Request your service records and discharge papers	Request military records, such as your DD214	https://www.va.gov/records/get-military-service-records/	National Personnel Records Center: 314-801-0800	N/A










To find out more, visit us anytime online at <https://www.va.gov>, or ask us a question at **800-myVA411 (800-698-2411)**.

WHAT DO YOU NEED?



Some ways VA can help you while you're...











STARTING UP

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
Find something to do	 Continue your education	GI Bill Helps pay for education for Veterans and/or their dependents	https://www.va.gov/education/about-gi-bill-benefits	Education Center: 888-442-4551 From Overseas: 001-918-781-5678	Your VA Regional Office
	 Obtain educational and career counseling	Personalized Career Planning and Guidance Receive personalized, professional planning and guidance to help you choose how to use your education benefits to support your career goals	https://www.va.gov/careers-employment/education-and-career-counseling	VA Benefits Line: 800-827-1000	Your VA Regional Office
	 Get help finding a job	Careers and Employment Veterans with service-connected disabilities receive individualized support for their education, training, or credentialing needs for employment	https://www.va.gov/careers-employment	VA Benefits Line: 800-827-1000	Your VA Regional Office for Veteran Readiness and Employment (VR&E)
Balance your finances	 Apply for a disability rating	Disability Compensation Compensation paid to Veterans for a disability related to service	https://www.va.gov/disability/how-to-file-claim	VA Benefits Line: 800-827-1000	Your VA Regional Office
Attend to your health and well-being	 Apply for enrollment in VA Health Care	VA Health Care Inpatient and outpatient health services at VA Medical Centers, clinics and potentially in the community	https://www.va.gov/health-care	Health Care Line: 877-222-8387 (press 1)	Your local VA Medical Center
	 Seek help for mental health needs	Mental Health Care Inpatient and outpatient mental health services	https://www.mentalhealth.va.gov/get-help/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center or Vet Center
Find a place to live	 Become a homeowner	VA Home Loans VA can help you obtain a VA guaranteed loan	https://www.benefits.va.gov/homeloans	Regional Loan Center: 877-827-3702	Your VA Regional Loan Center
	 Housing to accommodate your disability	Specially Adapted Housing Assistance Financial help for certain Veterans to acquire or adapt a home made necessary by certain service-connected disabilities	https://www.va.gov/housing-assistance/#get-veterans-housing-assistance-grants	VA Benefits Line: 800-827-1000	Your VA Regional Office
Re-establish and create relationships	 Meet Veterans and people who can help	Veterans Service Organizations (VSO) Variety of services and community opportunities for Veterans and their loved ones	Find a VSO near you: https://www.ebenefits.va.gov/ebenefits/vso-search	N/A	N/A

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Some ways VA can help you while you're...









TAKING CARE OF YOURSELF

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
Recognize and address mental health needs	 Address mental health needs	Mental Health Care Inpatient and outpatient mental health services	https://www.mentalhealth.va.gov/get-help/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center or Vet Center
	 Use counseling services	Vet Center Counseling, outreach, and referral services to eligible active duty Service members, Veterans, and their families	https://www.vetcenter.va.gov	Vet Center Line: 877-927-8387	Your VA Regional Office
	 Maintain your health and well-being	Well-Being Services Maintain your whole health and well-being by participating in self-care, peer-led groups, and other well-being services such as Yoga, Tai Chi, Mindfulness, and Acupuncture.	https://www.va.gov/wholehealth	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
Manage primary care and chronic health issues	 Get regular medical care	VA Health Care Inpatient and outpatient health services at VA Medical Centers, clinics and potentially in the community	https://www.va.gov/health-care	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
	 Potentially visit a doctor in your community	Community Care Covered access to non-VA health care	https://www.va.gov/communitycare	Community Care National Contact Center: 877-881-7618	Your local VA Medical Center
Seek support for a severe health event	 Get help with an urgent medical need	Urgent Care For urgent health events (examples: colds, sore throat, ankle sprain)	https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/	MyVA411: 800-myVA411 (800-698-2411)	Your VA Regional Loan Center
	 Get help in an emergency	Emergency Care Emergency medical care at your local VA Medical Center with an Emergency Department (examples: chest pain or stroke symptoms)	https://www.va.gov/resources/getting-emergency-care-at-non-va-facilities/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
Maintain your health	 Get regular checkups	Preventive Care Services such as vaccinations and health screenings to help you stay healthy	https://www.prevention.va.gov/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
	 Get woman-specific care	Women Veterans Health Care Women-specific health care	https://www.womenshealth.va.gov/	Women's Health Care Line: 855-829-6636	Your local VA Medical Center
	 Keep track of your health	My HealtheVet Online tool to make health decisions and manage care	https://www.va.gov/health-care/manage-health/	My HealtheVet Help Desk: 877-327-0022	Your local VA Medical Center

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Some ways VA can help you while you're...










BUILDING YOUR CAREER

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
Translate your military skills	 Put your military skills to use	Careers and Employment Receive personalized, professional planning and guidance to help you choose how to use your education benefits to support your career goals	https://www.va.gov/careers-employment	VA Benefits Line: 800-827-1000	Your VA Regional Office
Get the appropriate education, skills, and credentials	 Continue your education	GI Bill Helps pay for education for Veterans and/or their dependents	https://www.va.gov/education/about-gi-bill-benefits	Education Center: 888-442-4551 From Overseas: 001-918-781-5678	Your VA Regional Office
	 Obtain educational and career counseling	Personalized Career Planning and Guidance Receive personalized, professional planning and guidance to help you choose how to use your education benefits to support your career goals	https://www.va.gov/careers-employment/education-and-career-counseling	VA Benefits Line: 800-827-1000	Your VA Regional Office
	 Get help finding a job that suits your disability	Veteran Readiness and Employment (VR&E) Veterans with service-connected disabilities receive individualized support for their education, training, or credentialing needs for employment	https://www.va.gov/careers-employment/vocational-rehabilitation/	VA Benefits Line: 800-827-1000	Your VA Regional Office
Find the right job	 Explore your job options	Careers and Employment Personalized career planning, guidance, and hiring events	https://www.va.gov/careers-employment	N/A	N/A
	 Consider working for the federal government	Veterans' Preference Gives Veterans an advantage in the application process for federal government jobs	https://www.va.gov/careers-employment	VA Benefits Line: 800-827-1000	Your VA Regional Office
Build your professional reputation	 Compete for federal contracts	Veteran-Owned Small Business Program (VOSB) Helps Veteran-owned small businesses compete for federal contracts set aside for VOSBs	https://www.va.gov/osdbu/	Office of Small and Disadvantaged Business Utilization: 866-584-2344 (press 1)	Meet with a Verification Assistance Counselor in your area
Build your local network	 Connect with other Veterans	Veterans Service Organizations (VSO) Variety of services and community opportunities for Veterans and their loved ones	Find a VSO near you: https://www.ebenefits.va.gov/ebenefits/vso-search	N/A	N/A

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Some ways VA can help you while you're...







PUTTING DOWN ROOTS

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
Revisit housing	 Become a homeowner	VA Home Loans VA can help you obtain a VA guaranteed loan	https://www.va.gov/housing-assistance/home-loans/	Regional Loan Center: 877-827-3702	Your VA Regional Loan Center
	 Refinance existing home loans	VA Refinance Loans Refinance loan benefits can allow for refinancing of existing home loan	https://www.va.gov/housing-assistance/home-loans/	Regional Loan Center: 877-827-3702	Your VA Regional Loan Center
Maintain your health	 Address mental health needs	Mental Health Care Inpatient and outpatient mental health services	https://www.mentalhealth.va.gov/get-help/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center or Vet Center
	 Improve your well-being	Well-Being Services Maintain your whole health and well-being by participating in self-care, peer-led groups, and other well-being services such as Yoga, Tai Chi, Mindfulness, and Acupuncture.	https://www.va.gov/wholehealth/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center or Vet Center
	 Assistance with social work needs	Social Work Helps with housing, income, social, and emotional needs	https://socialwork.va.gov/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
Take care of your family	 Apply for VA educational benefits	GI Bill Helps pay for education for Veterans and/or their dependents	https://www.va.gov/education/about-gi-bill-benefits	Education Center: 888-442-4551 From Overseas: 001-918-781-5678	Your VA Regional Office
	 Obtain educational and career counseling	Personalized Career Planning and Guidance Receive personalized, professional planning and guidance to help you choose how to use your education benefits to support your career goals	https://www.va.gov/careers-employment/education-and-career-counseling	VA Benefits Line: 800-827-1000	Your VA Regional Office
Save for your retirement	 Apply for supplemental income	Veterans' Pension Supplemental income available to low-income wartime Veterans	https://www.va.gov/pension/	VA Benefits Line: 800-827-1000	Your VA Regional Office
Connect with and serve your community	 Meet and serve fellow Veterans	Veterans Service Organizations (VSO) Variety of services and community opportunities for Veterans and their loved ones	Find a VSO near you: https://www.ebenefits.va.gov/ebenefits/vso-search	N/A	N/A

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Some ways VA can help you while you're...











RETIRING

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
Receive income for disabilities	 Apply for a disability rating	Disability Compensation Compensation paid to Veterans for a disability related to service	https://www.va.gov/disability/how-to-file-claim	VA Benefits Line: 800-827-1000	Your VA Regional Office
Assess need for life insurance	 Apply for VA insurance coverage	VA Life Insurance Offers financial security for Service members, their spouses, and dependent children, as well as Veterans	https://www.benefits.va.gov/insurance	SGLI/VGLI: 800-419-1473 All Other VA Life Insurance: 800-669-8477	Your VA Regional Office
Take care of your health	 Get regular medical care	VA Health Care Inpatient and outpatient health services at VA Medical Centers, clinics, and potentially in the community	https://www.va.gov/health-care	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
	 Address hearing needs	Audiology Care for hearing aids and/or other hearing assistive devices for Veterans	https://www.prosthetics.va.gov/psas/Hearing_aids.asp	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
	 Address vision needs	Optometry and Blind Rehabilitation Rehabilitation services for blind and low-vision Veterans	https://www.va.gov/optometry/ or https://www.prosthetics.va.gov/blindrehab/index.asp	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center or Blind Rehabilitation Center
Participate in meaningful activities	 Volunteer in your community	Veterans Service Organizations (VSO) Variety of services and community opportunities for Veterans and their loved ones	Find a VSO near you: https://www.ebenefits.va.gov/ebenefits/vso-search	N/A	N/A

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Some ways VA can help you while you're...

AGING

WHAT IS YOUR GOAL?	WHAT CAN YOU DO?	WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL	VISIT US IN PERSON
Update your life insurance benefit	 Make sure you have updated your beneficiaries	VA Life Insurance Offers financial security for Service members, their spouses, and dependent children, as well as Veterans	https://www.benefits.va.gov/insurance	SGLI/VGLI: 800-419-1473 All Other VA Life Insurance: 800-669-8477	Your VA Regional Office
Manage and maintain your health	 Get regular medical care	VA Health Care Inpatient and outpatient health services at VA Medical Centers, clinics, and potentially in the community	https://www.va.gov/health-care	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
	 Seek long-term care for later in life	Geriatric and Extended Care Veterans who need care and are unable to remain in their home may be eligible for hospice care or nursing home care	https://www.va.gov/geriatrics/	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
	 Seek assistance with advance directives	Social Work Assists with Advance Directives so you can decide what actions should be taken if you are no longer able to make decisions for your self due to illness or incapacity	https://www.va.gov/GERIATRICS/pages/advance_care_planning_topics.asp	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
Adapt support network to your new needs	 Seek in-home support	Home and Community Based Services At home support services are available to assist Veterans with remaining at home, such as skilled home care, homemaker/ home health aide, adult day care, and more	https://www.va.gov/geriatrics/pages/Home_and_community_based_services.asp	Health Care Line: 877-222-8387 (press 0)	Your local VA Medical Center
	 Get financial support for daily medical assistance	Aid and Attendance and Housebound Benefit Payments for Veterans who are housebound or require the aid of another person in daily life	https://www.va.gov/pension/aid-attendance-housebound/	VA Benefits Line: 800-827-1000	Your VA Regional Office
Make burial arrangements	 Decide how and where to be memorialized	Burial Benefits Apply for pre-need determination eligibility Schedule and plan funeral and burial arrangements	https://www.cem.va.gov https://www.va.gov/find-forms/about-form-40-10007/	NCA Scheduling Office: 800-535-1117 Email: nca.scheduling@va.gov	Your nearest VA National Cemetery
Finance your burial	 Get financial assistance for burial services	Burial Allowance Financial assistance for funeral and burial services	https://www.va.gov/burials-memorials/veterans-burial-allowance/	VA Benefits Line: 800-827-1000	Your VA Regional Office
Seek survivor benefits	 Talk about the future with loved ones	Survivor's Benefit Various benefits available to the survivors of a deceased Veteran	https://www.va.gov/family-and-caregiver-benefits/	VA Benefits Line: 800-827-1000	Your VA Regional Office
Maintain social and community connections	 Engage with fellow Veterans and people who can help	Veterans Service Organizations (VSO) Variety of services and community opportunities for Veterans and their loved ones	Find a VSO near you: https://www.ebenefits.va.gov/ebenefits/vso-search	N/A	N/A

To find out more, visit us anytime online at <https://www.va.gov>, or ask us a question at **800-myVA411** (800-698-2411).

Get started today

Use the checklist below to get started accessing the VA benefits and services you deserve.

1

RESEARCH

- ☐ Identify VA services that can meet your goals
- ☐ **Prioritize time-sensitive benefits**
- ☐ Work with VA to **identify which benefits and services you and your loved ones might be eligible for:**
 - Visit <https://www.va.gov>
 - Call myVA411 at 800-698-2411 to speak with a VA representative
 - Talk with a member of a Veterans Service Organization (VSO)

2

PREPARE

- ☐ Prioritize which benefits you want to pursue **now**
- ☐ Consider applying for a disability rating
 - Visit <https://www.va.gov/disability/how-to-file-claim-to-learn-more>
- ☐ Get a copy of your **discharge papers**
- ☐ Collect other information as necessary, which may include:
 - ☐ **Military personnel records**
 - ☐ **Orders** (if activated from the Guard or Reserves)
 - ☐ **Military and private medical records**
 - ☐ Your most recent **tax return**

3

APPLY

- ☐ Complete the form for the service you want to apply for:
 - **Online** at <https://www.va.gov>
 - **In-Person** or **by mail** to your VA Regional Office (<https://www.va.gov/find-locations>)

4

REVISIT

- ☐ Check back over time as your needs change. For example, you could:
 - ☐ **Apply for a higher disability rating** if your disability gets worse
 - ☐ **Apply for a VA Pension** when you are 65 or receiving home care
 - ☐ **Decide where and how to be memorialized** using burial benefit

WHICH BENEFITS ARE TIME SENSITIVE?

- **Dental Care**
(180 days post-separation for certain dental care)
- **Life Insurance**
(240 days from date of separation to apply for Veteran's Group Life Insurance (VGLI) without proof of good health)
(1 year and 120 days from separation to apply for VGLI with proof of good health)
(2 years from date of separation to apply for Servicemembers' Group Life Insurance (SGLI) Disability Extension)
(2 years from date of notification for a new service-connected condition for Service-Disabled Veterans Insurance (S-DVI)
(Before age 70 for Veteran's Mortgage Life Insurance (VMLI)
- **VA Health Care for recent Combat Veterans**
(5 years post-separation)
- **Montgomery GI Bill**
(10 years post-separation)
- **Post 9/11 GI Bill (Forever GI Bill)**
(15 years post-separation if last discharged prior to January 1, 2013. Forever GI Bill now means that qualifying Veterans discharged after that date have lifetime benefits for their Post 9/11 GI Bill)
- **Veteran Readiness & Employment (VR&E)**
(12 years since receiving your disability rating post-separation, though there are exceptions. If you are interested in VR&E, make sure to work with VA to determine your eligibility as soon as possible)

WHAT DOES A VSO DO?

Representatives from Veterans Service Organizations may offer free help to Veterans applying for VA benefits. Go to <https://www.ebenefits.va.gov/ebenefits/vso-search> for more information.

WHAT ARE DISCHARGE PAPERS?

Your discharge papers—also known as your DD214 member-4—are the most important documents to keep. They are necessary to get access to VA benefits. Request yours at <https://www.va.gov/records/get-military-service-records/>.

Get help right now

Contact the resources below to get immediate help for yourself or a friend. These resources are designed to support Veterans during difficult times.

WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL
Veterans Crisis Line	https://www.veteranscrisisline.net (click "Chat")	800-273-8255 (press 1) text 838255 24 hours a day/ 7 days a week
National Suicide Prevention Lifeline	https://www.va.gov/health-care (click "Chat with Lifeline")	800-273-8255 24 hours a day/ 7 days a week
Military Sexual Trauma Support VA offers cost-free counseling services for Military Sexual Trauma (MST) survivors. You don't have to be enrolled in VA health care to access MST services.	Find a Medical Center or Vet Center https://www.va.gov/find-locations	Call your local Medical Center or Vet Center. At Medical Centers, ask to speak to the MST coordinator.
National Call Center for Homeless Veterans	https://www.veteranscrisisline.net (click "Start your confidential chat")	877-424-3838 24 hours a day/ 7 days a week
Women Veterans Call Center	https://www.womenshealth.va.gov/ (click "Chat with the Women Veterans Call Center")	Call or Text: 855-VA-WOMEN (855-829-6636) M-F, 8AM–10PM EST Sat, 8AM–6:30PM EST
Intimate Partner Violence Assistance Program Coordinators can assist Veterans and intimate partners who seek safe, healthy relationships	https://socialwork.va.gov/ipv/	National Domestic Violence Hotline: 800-799-SAFE (7233)
VA Caregiver Support Line	https://caregiver.va.gov/	855-260-3274 M-F, 8AM–8PM EST

WHERE CAN I FIND IN-PERSON HELP?

To locate your nearest VA Medical Facility, VA Regional Office, Regional Loan Center, Vet Center, National Cemetery, and other facilities, visit <https://www.va.gov/find-locations>.

HEAR FROM OTHER VETERANS

To hear stories from Veterans who sought help, visit <https://maketheconnection.net>.

WE LOOK FORWARD TO SERVING YOU.

Can't find what you need?

To access a complete list of VA benefits and services:

VISIT US ONLINE	https://www.va.gov
GIVE US A CALL	myVA411: 800-698-2411
VISIT US IN PERSON	Visit your local VA Medical Center or VA Regional Office
ONLINE GUIDE	https://www.va.gov/welcome-kit
VA WELCOME KIT FEEDBACK	VAWelcomeKit@va.gov

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