

## ATTENTION TRANSITIONING SERVICE MEMBERS

who intend to file for VA Disability Benefits Claims

Your visit today is important to us; however, the DAV TSO cannot see you personally today; so, if your visit is in regards to your intention to file for a VA Pre-Discharge Claim for Disability Compensation (Service Connected Condition entitlement), electronic medical records review or for VA benefits questions, kindly accomplish the following before you depart from the Career Resource Office (CRO):

A. CONTACT THE DAV TRANSITION SERVICE OFFICER (DAV TSO):

1. Call **1 (760) 830-4131** and leave a message, stating your mobile phone number, work phone number if using, full name as in your military ID card, personal or home email (please spell-out your email using military alphabet), official EAS or retirement date (not terminal leave date) and your unit (please repeat your contact phone number); **and/or**,
2. Email to [APAGDILAO@DAVMAIL.ORG](mailto:APAGDILAO@DAVMAIL.ORG) the information in item 1.

B. VISIT THE CRO COMPUTER LABORATORY or THE BASE'S LIBRARY:

1. Login to your eBenefits online access. On the Dashboard, you should see, "**Welcome, (your first name)**" on top and at the almost middle of the screen, you see your full name and below your name is your email. Verify or update your personal direct deposit information and personal information. You should have both your primary and secondary phones/emails completed.
2. On the left side of the dashboard, click "**Representative**" and apply for representation.
3. On the second screen, it will ask you for a VA File Number, click the box that says, "**I don't have one**" and "**Continue**".
4. Search for the Disabled American Veterans (DAV) in Los Angeles, CA or San Diego, CA and select Veterans Service Organization (VSO).
5. When you find the listing for Los Angeles or San Diego, click "**Select**".
6. Continue thru the screens and when you get to the one that it says, "Insurance Number", you can leave that blank and continue.
7. Once you have submitted, send me an email at [apagdilao@davmail.org](mailto:apagdilao@davmail.org) or leave a message at **1 (760) 830-4131** letting me know that you have completed the process.
8. If above items **2. to 6.** failed, let me know **a.s.a.p.**, I'll email you the VA Forms needed to complete/sign.

C. WHILE YOU ARE IN THE CRO COMPUTER LABORATORY AND IF YOU HAVE IT ON HAND:

1. Scan/Digitize your physical original medical record jacket. (Per computer file created, must be no more than 20MB. Multiple files are acceptable.
2. Along with your digitized medical record, email your Ahlta Notes/Genesis/Haims electronic medical record for review. The review is to identify possible service connected conditions you can claim for entitlement from the VA.
3. Your physical original medical record jacket can be checked-out from your Unit's BAS or from the AMCC.
4. Your Ahlta Notes/Genesis/Haims electronic medical records can be requested from the Naval Hospital's Health Records Department.
5. If you cannot do above items **1. to 4.** today, accomplish it at the soonest possible chance.

D. Please note, if you have accomplished **A and B** above, I'll get back to you with 48 hours.

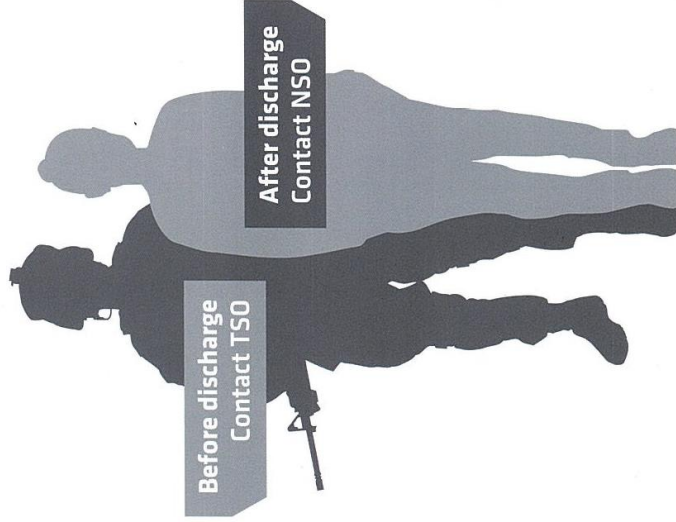
**THIS CHECKLIST WILL BE REVISED ON FRIDAY MAY 7, 2021.**

### When and who should you contact?

- Six months or less before discharge, reach out to your transition service office.
- Any time after discharge, no matter your location, you can reach out to a national service office by looking one up at [dav.org](http://dav.org).

### What should you bring?

- A copy of all service medical and treatment records.
- A copy of all nonmilitary private practice medical and treatment records.
- A copy of all dental records.
- If applicable, a copy of your marriage certificate and children's birth certificates or adoption decrees.
- Dependents' Social Security numbers.
- Direct deposit information.
- A copy of any prior DD-214s.



### Interested in learning more?

Check out our videos that can help with your transition. They can be viewed by going to [dav.org](http://dav.org) and clicking on DAV videos in the Learn More tab.

- ▶ Types of VA benefits
- ▶ Seven ways to service-connected disability
- ▶ Who should file a VA claim
- ▶ How to file a VA claim
- ▶ What to expect after filing a VA claim
- ▶ C&P Exams
- ▶ Determining VA disability ratings
- ▶ What to expect after receiving your VA claim decision

To learn more about our organization, text DAV to 859-888-1643.



Message and data rates may apply. Text HELP to 859-888-1643 for help. Text STOP to 859-888-1643 to cancel. For terms and privacy, visit [dav.org/privacy-policy/general-privacy-policy](http://dav.org/privacy-policy/general-privacy-policy).

**NATIONAL SERVICE AND  
LEGISLATIVE HEADQUARTERS**  
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950002

(12/18)



**FULFILLING OUR PROMISES**  
TO THE MEN AND WOMEN WHO SERVED

## Transition Service Program

### Need guidance making the transition from military service?

DAV offers claim filing assistance and transition support, at no cost to veterans.

## Our Mission

We are dedicated to a single purpose: fulfilling our promises to the men and women who served. DAV does this by ensuring that veterans and their families can access the full range of earned benefits available to them, fighting for the interests of America's injured heroes on Capitol Hill, providing access to employment resources, and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life.

## How we accomplish our mission

- More than 100 offices throughout the U.S. and in Puerto Rico.
- More than 300 national and transition service officers who are wartime injured and ill veterans themselves.
- Counsel and representation for service members and their families with claims for benefits from the VA, DOD and other government agencies.
- Continual training to stay up to date on changes in all laws and regulations affecting benefits.

## Why is it important to speak with a DAV representative before discharge?

As you prepare to transition from military service, the decisions made now will affect your future in many ways. DAV is here to help and assist you.

## How can DAV assist in your transition?

- Reviewing your service treatment records to identify conditions that may warrant disability compensation by the VA.
- Explaining the claims process, assisting in completing forms and presenting all claims information for you to the VA.
- Representing your claims during their adjudicative and possible appeals processes.

## What is disability compensation?

A VA monetary tax-free benefit paid for an illness or injury incurred or aggravated by active military service, known as a "service-connected disability."

## Examples that may warrant compensation

- Hearing loss
- Erectile dysfunction or infertility
- Gastroesophageal reflux disease
- Irritable bowel syndrome
- Ulcers
- Anxiety and depression
- Sleep apnea
- Migraines and headaches
- Arthritis
- Fractures
- Dermatitis or eczema
- Meniere's syndrome
- Sinusitis
- Vertigo

## Other areas service connection may make a difference

- Federal employment preference
- Vocational rehabilitation and education benefits
- VA home loan guarantees
- Health care at the VA
- VA life insurance
- Property tax exemptions
- Educational tuition waivers
- State and local benefits
- Death benefits for your family

## Did you know?

Only **37%** of veterans claimed they **knew what benefits they are eligible for** and how to access them.

Only **44%** reported that they've **received the benefits they were promised.**

SOURCE: DAV VETERANS PULSE SURVEY. VIEW ONLINE AT VETERANS.PULSE.ORG

