Below are web-sites that provide information on Veterans benefits and how to file/ask for them. Accordingly, there are many sites that explain how to obtain books, military/medical records, information and how to appeal a denied claim with the VA. Please pass this information on to every Veteran you know. Nearly 100% of this information is free and available for all veterans, the only catch is: you have to ask for it, because they won't tell you about a specific benefit unless you ask for it. You need to know what questions to ask so the right doors open for you and then be ready to have an advocate who is willing to work with and for you, stay in the process, and press for your rights and your best interests.

Appeals http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc
Board of Veteran's Appeals http://www.va.gov/vbs/bva/
CARES Commission http://www.va.gov/vbs/bva/
CARES Draft National Plan http://www1.va.gov/cares/page.cfm?pg=105
Center for Minority Veterans http://www1.va.gov/centerforminorityveterans/
Center for Veterans Enterprise http://www.vetbiz.gov/default2.htm
Center for Women Veterans http://www1.va.gov/womenvet/
Clarification on the changes in VA healthcare for Gulf War Veterans
http://www.gulfwarvets.com/ubb/Forum1/HTML/000016.html
Classified Records - American Gulf War Veterans Assoc
http://www.gulfwarvets.com/ubb/Forum18/HTML/000011.html
Compensation for Disabilities Associated with the Gulf War Service
http://www.warms.vba.va.gov/admin21/m21_1/part6%20/ch07.doc
Compensation Rate Tables, 12-1-03 http://www.vba.va.gov/bln/21/Rates/comp01.htm
Department of Veterans Affairs Home Page http://www.va.gov/
Directory of Veterans Service Organizations
http://www1.va.gov/vso/index.cfm?template=view
Disability Examination Worksheets Index, Comp
http://www.vba.va.gov/bln/21/Benefits/exams/index.htm
Due Process http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02.doc
Duty to Assist http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch01.doc
Electronic Code of Federal Regulations http://www.gpoaccess.gov/ecfr/
Emergency, Non-emergency, and Fee Basis Care
http://www1.va.gov/opa/vadocs/fedben.pdf
Environmental Agents http://www1.va.gov/environagents/
Environmental Agents M10
http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002
Establishing Combat Veteran Eligibility
http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315
Evaluation Protocol for Gulf War and Iraqi Freedom Vets with Potential Exposure to Depleted Uranium (DU)
http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOCandandhttp://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1158
See also, Depleted Uranium Fact Sheet
http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc
Evaluation Protocol for Non-Gulf War Veterans with Potential Exposure to Depleted Uranium (DU)
http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC

Fee Basis, Priority for Outpatient Medical Services and Inpatient Hospital Care
http://www1.va..gov/vhapublications/ViewPublication.asp?pub_ID=206
Federal Benefits for Veterans and Dependents 2005
http://www1.va.gov/opa/vadocs/fedben.pdf%20OROR,
http://www1.va..gov/opa/vadocs/current_benefits.htm
Forms and Records Request http://www.va.gov/vaforms/
General Compensation Provisions
http://www.access.gpo.gov/uscode/title38/partii_chapter11_subchaptervi_.html
Geriatrics and Extended Care http://www1.va.gov/geriatricsshg/
Guideline for Chronic Pain and Fatigue MUS-CPG
http://www.oqp.med.va.gov/cpg/cpgn/mus/mus_base.htm
Guide to Gulf War Veteran's Health http://www1.va.gov/gulfwar/docs/VHIgulfwar.pdf
Gulf War Subject Index http://www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A
Gulf War Veteran's Illnesses Q&As
http://www1.va.gov/gulfwar/docs/GWIllnessesQandAsIB1041.pdf
Hearings http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch04.doc
Homeless Veterans http://www1.va.gov/homeless/
HSR&D Home http://www.hsrd.research.va.gov/
Index to Disability Examination Worksheets C&P exams
http://www.vba.va.gov/bln/21/benefits/exams/index.htm
Ionizing Radiation http://www1.va.gov/irad/
Iraqi Freedom/Enduring Freedom Veterans VBA http://www.vba.va.gov/EFIF/
M 10 for spouses and children <
http://www1..va.gov/vhapublications/ViewPublication.asp?pub_ID=1007
M10 Part III Change 1 http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1008
M21-1 Table of Contents http://www.warms.vba.va.gov/M21_1.html
Mental Disorders, Schedule of Ratings
http://www.warms.vba.va.gov/regs/38CFR/BOOKC/PART4/S4_130.DOC
Mental Health Program Guidelines
http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1094
Mental Illness Research, Education and Clinical Centers
http://www.mirecc.med.va.gov/
MS (Multiple Sclerosis) Centers of Excellence http://www.va.gov/ms/about.asp
My Health e Vet http://www.myhealth.va.gov/
NASDVA.COMhttp://nasdva.com/
National Association of State Directors http://www.nasdva.com/
National Center for Health Promotion and Disease Prevention
http://www.nchpdp.med.va.gov/postdeploymentlinks.asp
Neurological Conditions and Convulsive Disorders, Schedule of Ratings
http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4_124a.doc
OMI (Office of Medical Inspector) http://www.omi.cio.med.va.gov/
Online VA Form 10-10EZ https://www.1010ez..med.va.gov/sec/vha/1010ez/
Parkinson's Disease and Related Neurodegenerative Disorders
http://www1.va.gov/resdev/funding/solicitations/docs/parkinsons.pdfand, http://www1.va.gov/padrecc/
Peacetime Disability Compensation http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131
Pension for Non-Service-Connected Disability or Death
http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteri_.html
Persian Gulf Registry http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1003

This program is now referred to as Gulf War Registry Program (to include Operation Iraqi Freedom) as of March 7, 2005:
http://www1..va.gov/vhapublications/ViewPublication.asp?pub_ID=1232
Persian Gulf Registry Referral Centers
http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1006
Persian Gulf Veterans' Illnesses Research 1999, Annual Report To Congress
http://www1.va.gov/resdev/1999_Gulf_War_Veterans%27_Illnesses_Appendices.doc
Persian Gulf Veterans' Illnesses Research 2002, Annual Report To Congress
http://www1.va.gov/resdev/prt/gulf_war_2002/GulfWarRpt02.pdf
Phase I PGR http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1004
Phase II PGR http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1005
Policy Manual Index http://www.va.gov/publ/direc/eds/edsmps.htm
Power of Attorney http://www.warms.vba..va.gov/admin21/m21_1/mr/part1/ch03.doc
Project 112 (Including Project SHAD) http://www1.va.gov/shad/
Prosthetics Eligibility http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337
Public Health and Environmental Hazards Home Page
http://www.vethealth.cio.med.va.gov/
Public Health/SARS http://www..publichealth.va.gov/SARS/
Publications Manuals http://www1.va.gov/vhapublications/publications.cfm?Pub=4
Publications and Reports
http://www1.va.gov/resdev/prt/pubs_individual.cfm?webpage=gulf_war.htm
Records Center and Vault Homepage http://www.aac.va.gov/vault/default.html
Records Center and Vault Site Map http://www.aac.va.gov/vault/sitemap.html
Request and Consent to Release of Information from Claimant's Records
http://www.forms.va.gov/va/Internet/VARF/getformharness.asp?
Research Advisory Committee on Gulf War Veterans' Illnesses April 11, 2002
http://www1.va.gov/rac-gwvi/docs/Minutes_April112002.doc
Research Advisory Committee on Gulf War Veterans' Illnesses
http://www1.va.gov/rac-gwvi/docs/ReportandRecommendations_2004.pdf
Research and Development http://www.appc1.va.gov/resdev/programs/all_programs.cfm
Survivor's and Dependents' Educational Assistance
http://www.access.gpo.gov/uscode/title38/partiii_chapter35_.html
Title 38 Index Parts 0-18 http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl
Title 38 Part 3 Adjudication Subpart A "Pension, Compensation, and Dependency and Indemnity Compensation http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl
Title 38 Pensions, Bonuses & Veterans Relief (Compensation for certain disabilities due to undiagnosed illnesses found here)http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl
Title 38 Part 4—Schedule for Rating Disabilities Subpart B—Disability Ratings http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&sid=ab7641afd195c84a49a2067dbbcf95c0&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38
Title 38Â§ 4.16 Total disability ratings for compensation based on unemployability of the individual. http://ecfr.gpoaccess.gov/cgi/t/text/text-idx%3decfr%26sid%3d1b0c269b510d3157fbf8f8801bc9b3dc%26rgn%3ddiv8%26view%3dtext%26node%3d38:1.0.1.1.5.1..96.11%26idno%3d38
U.S. Court of Appeals for Veterans Claims http://www.vetapp.gov/
VA Best Practice Manual for Posttraumatic Stress Disorder (PTSD)
http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf

VA Fact Sheet http://www1.va.gov/opa/fact/gwfs.html
VA Health Care Eligibility http://www.va.gov/healtheligibility/home/hecmain.asp
VA Instituting Global Assessment of Function (GAF) http://www.avapl.org/gaf/gaf.html
VA Life Insurance Handbook
http://www.insurance.va.gov/inForceGliSite/GLIhandbook/glibookletch3.htm#310
Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm
VA MS Research http://www.va.gov/ms/about.asp
VA National Hepatitis C Program http://www.hepatitis.va.gov/
VA Office of Research and Development http://www1.va.gov/resdev/
VA Trainee Pocket Card on Gulf War http://www.va.gov/OAA/pocketcard/gulfwar.asp
VA WMD EMSHG http://www1.va.gov/emshg/
VA WRIISC-DC http://www.va.gov/WRIISC-DC/
VAOIG Hotline Telephone Number and Address
http://www.va.gov/oig/hotline/hotline3.htm
Vet Center Eligibility - Readjustment Counseling Service
http://www.va.gov/rcs/Eligibility.htm
Veterans Benefits Administration Main Web Page http://www.vba.va.gov/
Veterans Legal and Benefits Information http://valaw.org/
VHA Forms, Publications, Manuals http://www1.va.gov/vhapublications/
VHA Programs - Clinical Programs & Initiatives
http://www1.va.gov/health_benefits/page.cfm?pg=13
VHA Public Health Strategic Health Care Group Home Page http: //
www.publichealth.va.gov/
VHI Guide to Gulf War Veterans Health
http://www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp
Vocational Rehabilitation http://www.vba.va.gov/bln/vre/
Vocational Rehabilitation Subsistence
http://www.vba.va.gov/bln/vre/InterSubsistencefy04.doc
VONAPP online http://vabenefits.vba.va.gov/vonapp/main.asp
WARMS - 38 CFR Book C http://www.warms.vba.va.gov/bookc.html
Wartime Disability Compensation http://frwebgate.access.gpo.gov/cgi-
bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1110
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