### Valor 4 Vet Record Review/ Medical Opinion Service Checklist

The following evidence is recommended prior to starting a Record Review/Medical Opinion service with Valor 4 Vet.

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Date Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Register for Portal access at Valor 4 Vet.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Have a diagnosis by an MD, DO, Nurse Practitioner, Physician Assistant, Psychologist with a Ph.D./Psy.D. or Audiologist for the condition I wish to claim.</td>
<td></td>
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<tr>
<td>3</td>
<td>Upload medical records to Valor 4 Vet Portal that show the diagnosis for the condition I am claiming to include testing done for the condition such as xrays or MRIs.</td>
<td></td>
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<tr>
<td>4</td>
<td>Upload documents showing all my current diagnosed conditions.</td>
<td></td>
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<tr>
<td>5</td>
<td>Upload a list of current medications you are prescribed.</td>
<td></td>
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<tr>
<td>6</td>
<td>Upload a document showing your dates of service, such as a DD214.</td>
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</tbody>
</table>
| 7  | Service Treatment Records are important if you are claiming a condition directly related to military service:  
   
   - [ ] Upload service treatment records to Valor 4 Vet Portal.  
   - or-  
   - I have filed for service connection before or am currently service connected:  
     - My service treatment records are in my claims file with the VA.  
     - [ ] Upload claims file to Valor 4 Vet Portal.  
   - or-  
   - I have never filed for service connection before:  
     - I do not have my service treatment records.  
     - I submitted an SF180 to the National Archives for my service treatment records.  
     - [ ] Upload service treatment records to Valor 4 Vet Portal. |               |
| 8  | Personal statements about the condition you are wanting to claim are important. This tells your story to the VA as well as to our Medical Experts.  
   
   - [ ] I have completed one medical statement for each medical condition I am claiming using Valor 4 Vet’s online form here: https://www.valor4vet.com/statement-in-support-of-claim  
   - [ ] My spouse, partner, or other service member who witnessed symptoms or an event about the condition has completed a statement using Valor 4 Vet’s online form here: https://www.valor4vet.com/statement-in-support-of-claim |               |
| 9  | The VA wants to see that your condition is a chronic condition. If you are missing medical treatment records causing a gap of 5 or more years of treatment for the medical condition, provide a separate personal statement about your attempt to obtain the medical records.  

If you use our template, it will be documented from step 8 above and another one is not necessary. |               |
<p>| 10 | Upload documents showing my current service connections and percentages to Valor 4 Vet Portal. |               |</p>
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<td>11</td>
<td>If previously denied, upload the complete decision letter which explains why I was denied for the claim to Valor 4 Vet Portal.</td>
</tr>
</tbody>
</table>
| 12| Valor 4 Vet does not give legal advice or assist with filing the actual paperwork for your claim. Working with an Accredited VA Attorney, Agent, or Organization is *highly* recommended.  
[ ] I understand that I should discuss my claim with an Accredited Representative because Valor 4 Vet does not offer these services. |
| 13| If claiming PTSD:  
 I am currently service connected for PTSD and am trying for an increase:  
[ ] I have uploaded the last DBQ or Disability Exam performed by a Psychologist or Psychiatrist.  
[ ] I have uploaded mental health treatment records from the last 9 months of treatment.  
--or--  
I am not currently service connected for PTSD:  
[ ] I understand that the VA mandates that the initial PTSD DBQ or Disability Exam is performed by the VA.  
[ ] I understand that having a Medical Opinion and/or a Disability Exam from Valor 4 Vet will help support your claim despite VA mandates. For example, if a VA Mental Health Medical Expert has doubts about your claim, having another Psychologist’s opinion and perspective may help the VA Mental Health Medical Expert rationalize their medical opinion.  
[ ] I have an established diagnosis by a Psychologist or Psychiatrist.  
[ ] I have uploaded mental health treatment records from the last 9 months of treatment. |
| 14| I have completed all the above tasks. I am ready to proceed with a record review.  
Visit our website. Click on “Registered Clients” and follow the steps to order and pay for the record review you chose. |
|   | After the Medical Opinion is Completed |
| 15| Valor 4 Vet Offers Face to Face DBQs or Disability Exams.  
I have reviewed their traveling schedule and made an appointment for a face to face evaluation(s) for the conditions I am claiming. |
| 16| Valor 4 Vet Offers Online DBQs or Disability Exams.  
Complete an online DBQ if you are claiming:  
[ ] Chronic Fatigue Syndrome  
[ ] Erectile Dysfunction  
[ ] Esophageal Conditions  
[ ] Headaches/Migraine Headaches  
[ ] Sleep Apnea |

Please reach out if you have any questions about the recommended documents.