



Compensation & Pension Appointment Recommendations

- Take a list of all the medications or supplements you are taking and prescribed (name, dose, how often it is taken, and what it is prescribed for)
- Include a list of surgeries with your medications (date of surgery, type of surgery, location of surgery)
- Include a list of alternative treatments such as joint injections, acupuncture, chiropractic therapy, physical therapy, etc. (date of treatment, type of treatment, location of treatment)
- Know what exams will be conducted : _____
- Know what triggers a “flare up” of your condition
- Wear appropriate clothing for the exam
- Wear your braces or supports that were medically recommended
- Take 1-2 images of xrays printed from home.

Dos:

Plan to be there early.
Be well mannered.
Ask if your guest may accompany the exam.
Allow the veteran to speak for himself or herself before the guest chimes in.
Provide specific examples when discussing symptoms.
Stay on task.

Don'ts:

Do not take a CD of images.
Do not take in a stack of papers.
Do not complain about the VA disability claims process.
Do not overly exaggerate your symptoms.
Do not play doctor.
Do not ask about the outcome of the claim