

9 Tips and Tricks: Your VA Disability Application

1. **Document your disability.** Keep a journal tracking your symptoms. This can help support your case. A diagnosis can help your claim as well, but is not always necessary.
2. **Fill out your application carefully – and make sure it's the correct form.** You'll want to make sure the information the VA receives is thorough and accurate.
3. **Don't forget, even buddy statements can be useful evidence.** When getting together evidence for your claim, add as much relevant information as you can. Buddy or lay statements from family, friends, and others who served alongside you can help tell your story.
4. **Use eBenefits to keep up with your claim.** The eBenefits system is a secure way to track your claim throughout the process.
5. **Make copies of everything.** Keep your own copies of forms and evidence you submit in case things get lost.
6. **Use your calendar to keep track of dates.** Keeping track of important dates and deadlines can be key. Of extra importance are the deadlines for you to appeal any decisions and the dates of any C&P exams.
7. **Know your effective date.** An incorrect effective date can cost you thousands of dollars in lost back pay owed to you by VA. Read up on how effective dates work and make sure you know your own.
8. **Don't give up just because your claim is denied.** If you are owed VA disability for your service-connected conditions, keep fighting.
9. **Consult a VA-certified lawyer.** If the cycle of appeals and denials feels endless, VA disability lawyers like the team at Woods and Woods can help.