

### **5 Ways to Service Connection**

1. Direct Service Connection (Happened In-Service).
2. Presumptive Connection (VA has Conceded).
3. Pre-Existing (Pre-AG) Condition Aggravated by Military Service.
4. Secondary Service Connection is a disability that manifests itself due to already established service connection.
5. Injury caused by VA Health Care System (1151 Claim).

**\*\*Increases to already service-connected disabilities\*\***

### **3 Elements for Service Connection**

1. A current, diagnosed disability
2. An In-Service event, injury, or illness
3. Medical Nexus between the current disability and in-service event, injury, or illness.

**\*\*Must FOIA your own Service Treatment Records, C&P exams, and Claim File: VA Form 20-10206**

<https://www.vba.va.gov/pubs/forms/VBA-20-10206-ARE.pdf>

**\*38 CFR Chapter 1 Part 4-Schedule for Rating Disabilities (Rating Criteria):** <https://www.ecfr.gov/current/title-38/chapter-I/part-4>

**\*M21-1 Adjudication Procedures Manual (Raters Bible):**

[www.knowva.ebenefits.va.gov](http://www.knowva.ebenefits.va.gov)

### **-Search M21-1 Adjudication Procedures Manual**

Disability Benefit Questionnaires:

[https://www.benefits.va.gov/compensation/dbq\\_publicdbqs.asp](https://www.benefits.va.gov/compensation/dbq_publicdbqs.asp)

VA phone 1-800-827-1000

**VA CLAIM**

White House VA Hotline  
1-855-948-2311