

# VA Compensation Claim

## Benefit Description

The VA compensation program provides monthly benefits if you are disabled because of an injury or disease incurred in or aggravated during your military service, and conditions which may develop after your release from active duty. Benefits authorized is based upon the severity of your claimed disability.

## Am I eligible for VA disability compensation?

You may be eligible for VA disability benefits or compensation if you have a current illness or injury (known as a condition) that affects your body or mind and you meet at least one of the requirements listed below.

### Both of these must be true. You:

- Served on active duty, active duty for training, or inactive duty training, and
- Have a disability rating for your service-connected condition

### And at least one of these must be true. You:

- Got sick or injured while serving in the military—and can link this condition to your illness or injury (called an in service disability claim), or
- Had an illness or injury before you joined the military—and serving made it worse (called a preservice disability claim), or
- Have a disability related to your active-duty service that didn't appear until after you ended your service (called a post service disability claim)

### Presumed disabilities

- A chronic (long-lasting) illness that appears within one year after discharge, or
- An illness caused by contact with contaminants (toxic chemicals) or other hazardous materials, or
- An illness caused by your time spent as a prisoner of war (POW)

### Who's covered?

- Veterans
- Qualified dependents

## How to Apply

### Online

- If you would like to file a claim by yourself then click [here](#).
- You can track your claim by creating an account on [eBenefits](#)

### By Mail

- File your claim by mail using an Application for Disability compensation and Related Compensation Benefits ([VA Form 21-526EZ](#))

### In Person

- Bring your application to a VA regional office near you. Follow link to locate closest [VA Location](#).

### With the help of a trained professional

- You can work with a trained profession called an Accredited Representative to get help filing a claim for disability compensation please contact your local County Veteran Service Office.
- County of Sacramento Veteran Service Office. 3970 Research Dr, Sacramento, CA 95838. PH: 916-874-6811. FAX: 916-854-8900. Email: DHA-VET@SacCounty.net.

### **Other Benefits/Payments that may affect your VA compensation**

Military Retired Pay – Military retirees who have service connected disabilities are eligible for disability compensation. The type and amount of disability compensation eligibility is based on several factors including the nature of the service-connected disability and the nature of your retirement. You may qualify for more than one program; however, you may not receive benefits from more than one program at a time. Your compensation will be adjusted, or withheld, depending on the amount of military retired pay you are entitled to; the advantage of waiving military retired pay for VA compensation is that VA benefits are not taxable.

Disability Severance Pay – Payment of VA compensation and military disability severance pay for the same medical condition or disability is prohibited. VA compensation will be withheld on a monthly basis until the total amount of military severance pay has been recovered. Disability severance pay is a one-time lump sum payment. The amount equals 2 months of basic pay for each year of service which includes active service and inactive duty points, but the total service years cannot exceed 19 years. Additionally, the minimum number of years required for computation purposes is six years for a disability incurred in the line of duty in a combat zone, or 3 years in the case of any other member.

Selected Reserve and National Guard – By law, if you are an active member of the Selected Reserve or National Guard, your VA compensation will be withheld at the rate of one day of pay for each drill period served. In addition, VA compensation is not payable while serving fulltime on active duty.

For more information about VA Compensation disability, please click, [here](#).

The information provided on this sheet is for general information only regarding VA Compensation Claim. For further assistance, please contact your local [Veteran Service Office](#).

Thank you.