



NEXUS LETTER RECORDS CHECKLIST

A PHYSICIAN-GUIDED FRAMEWORK FOR STRONGER VA CLAIMS

By David Medical Services, PLLC

Submitting the right records—not just more records—can significantly strengthen your nexus letter and VA disability claim.

WHY THIS MATTERS

A strong nexus letter is built on three key elements:

- Evidence of an in-service event, injury, or exposure
- A current medical diagnosis
- A medically supported connection between the two

This checklist will help you submit focused, relevant records so your physician can provide a clear, credible, and defensible medical opinion.

HOW TO USE THIS CHECKLIST

Before submitting your records:

- Review each category below
- Select only documents relevant to your claimed condition
- Aim for 20–50 total pages when possible
- Organize your records clearly (chronological or by category)

PRO TIP: PHYSICIAN INSIGHT

Submitting hundreds of pages of records can dilute key evidence and slow down your review.

Focused records = A stronger nexus letter.

YOUR NEXUS LETTER RECORDS CHECKLIST

1. Service Treatment Records (STRs)

Include records that show:

- In-service injuries or illnesses
- Sick call visits
- Documented symptoms during service
- Exposure events (burn pits, chemicals, toxins, etc.)

2. VA Medical Records

Include:

- Relevant clinic notes
- Specialist evaluations
- Ongoing symptom documentation

3. Private Medical Records

Include:

- Primary care visits
- Specialist consultations
- Urgent care / ER visits

4. Diagnostic Testing (will depend on claimed condition)

- Sleep study (if applicable)
- Imaging (MRI, CT, X-ray)
- Pulmonary function tests and ECG/EKG
- Lab results (when relevant)
- Biopsy and pathology reports

5. Current Diagnosis Documentation

- Recent medical note confirming diagnosis
- Problem list that includes the claimed condition
- DBQ (if available)

6. Personal Statements (Lay Statements)

- When symptoms began
- How condition relates to service
- Symptom progression over time
- Impact on daily work activities
- Impact on personal life and social activities
- Buddy/spouse statements



WHAT YOU SHOULD **NOT** INCLUDE

- Entire medical files with hundreds of pages
- Duplicate records
- Records regarding unrelated conditions
- Administrative paperwork (unless directly relevant)

FINAL CHECK BEFORE SUBMISSION

- Records are relevant to **ONE** claimed condition
- Total pages are focused (ideally 20–50)
- Records are organized chronologically and/or by category
- Key documents are easy to identify
- Personal statement and buddy/spouse statements are included

NEED HELP CHOOSING THE RIGHT RECORDS?

Email info@davidmed.org or call 888-929-5521. Our team can help you identify key records prior to sending them to us, so that your case is clear, focused, and medically supported.

