



The Transition Gap

How documentation decisions during service impact your VA claim later

Specialty Focus: Claims Documentation

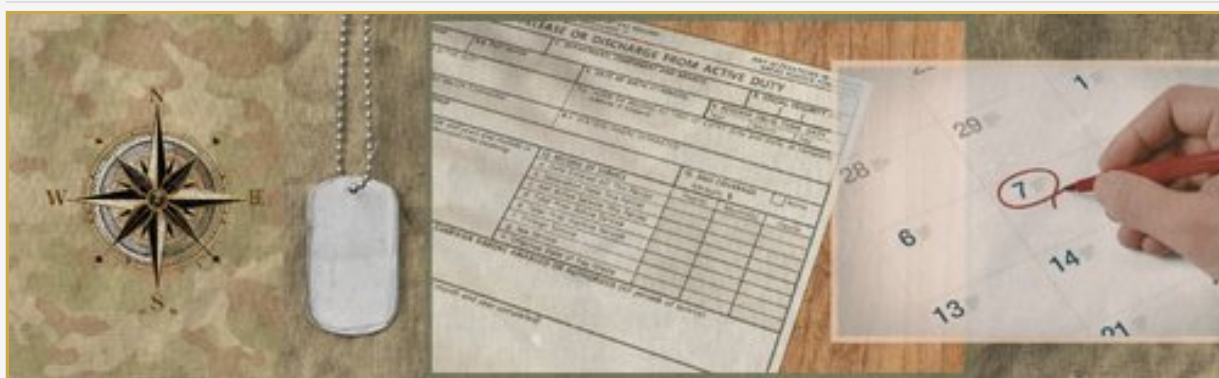


Dr. Sheena Glover
Founder, Essential Veteran Services



YOUR STORY MATTERS,
AND YOU DESERVE TO
BE HEARD.

- DR. SHEENA GLOVER



There's a moment most servicemembers don't expect — you're out (or on your way out) and suddenly you're responsible for documenting things no one ever told you to track while you were in.

This month, we're talking about that exact **transition gap**, and how it quietly impacts VA claims later.

The Transition Gap That Impacts Your Claim Later

Most servicemembers are not thinking about VA claims while they're still in uniform. Out-processing, job searches, relocating families — documentation becomes an afterthought.

This creates the transition gap: the space between what you experienced during service and what actually made it into your records.

"The VA doesn't evaluate what was experienced, but what can be documented and connected — and when that documentation is incomplete, claims can become more difficult later."

The good news: this gap is incredibly common, and it can be addressed through proper evaluations, detailed record review, and clear medical explanations.

Hiring Heroes USA



As you transition out of service, organizations like [Hire Heroes USA](#) can help with employment readiness, resume building, and career placement.

While their focus is employment, this phase of transition is also the ideal time to begin organizing your medical and service documentation, which is something that can directly impact future VA claims.

[Click Here For More Info](#)

Free Resource From Us

Our free resource "**Secondary Conditions Veterans Often Miss**" is designed to help you identify connections that may not be obvious, but are often critical in building a strong claim.

[Check It Out Here](#)

You Haven't Failed

If you didn't document everything while you were in, you haven't failed. It's a reflection of how service actually works — what matters now is understanding your options and taking the next step with better information.

Take Action



If you're transitioning out of service, or recently separated, and want clarity on how your experiences may translate into a VA claim, we can help.

Book a consultation with **Essential Veteran Services** and get a clear starting point.



Veteran-led, VA-ready psychological evaluations (DBQs and Nexus Letters), built to ensure your service-connected mental health is recognized and supported.



Start Here

Coming Up

Next month, we're breaking down: ***What the VA actually looks for when reviewing mental health claims (and what gets overlooked).***

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