

AIVetGuide

Forms and Documents Guide

Understand common VA forms and when they may apply.

Important

Use this guide as educational preparation only. It is not legal advice, medical advice, or a guarantee of VA benefits. For official help, contact VA or an accredited representative.

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VA Forms and Documents Guide

This guide explains common VA disability forms in plain language. Always use the current official VA form or VA.gov online tool before submitting anything.

Important

Forms change. Before filing, confirm the current version on VA.gov or through an accredited representative.

Common forms and when they may apply

Form / document	Common use
VA Form 21-526EZ	Apply for VA disability compensation and related benefits. Often used for new claims, increased compensation, and related compensation benefits.
VA Form 21-10210	Lay or witness statement, often called a buddy statement. Used to provide observations from the veteran or others.
VA Form 21-4138	Statement in Support of Claim. Used for written statements when appropriate.
VA Form 21-4142	Authorization for VA to obtain non-VA/private medical information.
VA Form 21-4142a	General release for private medical provider information so VA can request records.
DBQ	Disability Benefits Questionnaire. A health care provider can complete a condition-specific DBQ to provide medical details.
VA Form 20-0995	Supplemental Claim request when you have new and relevant evidence for a previously decided issue.
VA Form 20-0996	Higher-Level Review request when you want a senior reviewer to review the existing record.
VA Form 10182	Board Appeal / Notice of Disagreement to ask a Veterans Law Judge to review one or more issues.
VA Form 21-8940	Individual Unemployability application when service-connected conditions prevent steady substantially gainful work.
VA Form 21-4192	Employer information connected to an Individual Unemployability claim.
VA Form 21-0781	Statement for PTSD or other mental health disorder due to an in-service traumatic event, when required.

How to choose the right form

Situation	Likely starting point
First-time disability claim	Start with VA Form 21-526EZ or the VA.gov online disability claim tool.
Condition got worse	Increased-rating claim using the VA disability claim process, plus updated medical evidence.
New condition caused by service-connected condition	Secondary service-connected claim through the disability claim process, with evidence of causation or aggravation.

Situation	Likely starting point
Denied or low-rated and you have new evidence	Supplemental Claim, VA Form 20-0995.
Denied or low-rated and you think VA made an error based on evidence already submitted	Higher-Level Review, VA Form 20-0996.
Want review by a Veterans Law Judge	Board Appeal, VA Form 10182.
Cannot keep steady work due to service-connected conditions	Individual Unemployability, VA Form 21-8940, and employer information where applicable.

Form filing checklist

- ☐ Use the current version from VA.gov or the VA online filing tool.
- ☐ Match the form to the decision or issue you are addressing.
- ☐ Include your name, identifying information, signature, and date where required.
- ☐ List each issue clearly and separately.
- ☐ Attach evidence in an organized way and label each attachment.
- ☐ Keep copies of everything submitted and proof of submission.
- ☐ Check the decision letter for deadline and submission instructions.
- ☐ Consider help from an accredited VSO, accredited claims agent, or accredited attorney for complex claims or appeals.

Document packet order

1. Cover sheet with claimed issues and attachment list.
2. The correct VA form or online submission confirmation.
3. Personal statement or issue summary.
4. Medical records and test results by condition.
5. Service evidence by condition.
6. Lay or buddy statements.
7. Nexus or DBQ evidence where applicable.
8. Index of all documents submitted.

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Official Sources Used

These guides summarize public VA information and should be checked against the official source before filing or responding to a VA decision.

- [Supporting Forms For VA Claims](#)
- [File Additional Forms For Your Disability Claim](#)
- [VA Form 21-526EZ](#)
- [VA Form 21-4142](#)
- [VA Form 21-4142a](#)
- [Public Disability Benefits Questionnaires \(DBQs\)](#)
- [Supplemental Claims](#)
- [Higher-Level Reviews](#)
- [Board Appeals](#)
- [VA Form 20-0996 - Higher-Level Review](#)
- [VA Form 10182 - Board Appeal](#)
- [VA Form 21-8940](#)
- [Individual Unemployability If You Cannot Work](#)

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