

VETERANS FOR CHRIST, INC.
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Check your VA claim or appeal status

Find out how to check the status of a VA claim or appeal online.

Sign in to see your claim or appeal status

Sign in with your existing [Login.gov](#), [ID.me](#), DS Logon, or My HealtheVet account. If you don't have any of these accounts, you can create a free [Login.gov](#) or [ID.me](#) account now.

What types of claims and appeals can I track with this tool?

You can use this tool to check the status of a VA claim or appeal for compensation. Track your:

- Disability compensation (including claims based on special needs like an automobile or clothing allowance)
- Veterans or Survivors Pension benefits
- Special monthly compensation (such as Aid and Attendance)
- Dependency and Indemnity Compensation (DIC)
- Burial allowance to help pay for a Veteran's burial and funeral expenses

You can also use this tool to check the status of a claim or appeal for other benefits like these:

- VA health care
- GI Bill or other education benefits
- Veteran Readiness and Employment (VR&E)
- A home loan Certificate of Eligibility (COE)
- A Specially Adapted Housing (SAH) or Special Housing Adaptation (SHA) grant
- Life insurance
- A pre-need determination of eligibility to be buried in a VA national cemetery

Can I use this tool?

To use this tool, you'll need to have one of these free accounts:

- A Premium **My HealthVet** account, **or**
- A Premium **DS Logon** account (used for eBenefits and milConnect), **or**
- A verified **ID.me** account that you can create here on VA.gov

Once I'm signed in, how do I check my VA claim or appeal status?

1. **Go to your "My VA" dashboard.**
You'll find the link for this dashboard in the top right corner of the page once you're signed in.
2. **Scroll down to the "Track Claims" section.**
There, you'll see a summary of the latest status information for any open claims or appeals you may have.
3. **Click on the "View Status" button for a specific claim.**
You'll go to a page with more details about that claim's status and supporting evidence. Evidence may include documents like a doctor's report or medical test results.

What kind of information will I learn about my VA claim or appeal?

You'll see where your claim or appeal is in our review process, and when we think we'll complete our review.

You can also view these details:

- Any evidence you've filed online to support your initial claim
- Any additional evidence we've requested from you
- Your claim type
- What you've claimed
- Your representative for VA claims

Note: You can only upload documents online to support your initial claim. You can't upload documents online to support an appeal.

What if I don't see a document I sent to VA as evidence?

This may be because certain documents won't appear online.

You won't see documents that:

- You sent to us by mail or fax, **or**

- You brought to us in person, **or**
- We've restricted to protect your or someone else's confidentiality (privacy)

Will my personal information be protected if I use this tool?

Yes. This is a secure website. We follow strict security policies and practices to protect your personal health information.

If you print or download anything from the website, you'll need to take responsibility for protecting that information.

What if I have more questions?

You can call us at [800-827-1000](tel:800-827-1000). We're here Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.

Group offers support for Veterans battling moral injury

Veterans can share their stories and connect with others facing similar experiences



In recent years, the concept of moral injury has [gained recognition among VA researchers](#) and therapists as another invisible wound of military service.

Moral injury is essentially a conflict with one's personal code of morality. For instance, a Veteran may feel guilt, shame, distress or self-condemnation for violating his or her moral beliefs in combat by killing someone, witnessing death or failing to prevent the immoral acts of others. Moral injury isn't a mental health condition like PTSD. But its symptoms, such as

depression, anxiety, withdrawal, relationship problems and an increased risk of suicide, are similar.

The nonprofit group [Volunteers of America](#) (VOA) has recognized the challenges Veterans often face in confronting moral injury. [VOA](#) is offering Veterans free access to an online program that allows them to share their stories of moral injury and to connect with and support other Veterans.

Veterans with moral injury get peer support

VOA is providing free access through its [VOA|ReST 4 Veterans program](#), which uses trained peers to support Veterans experiencing feelings of moral injury. The program is based on skills and strategies developed from VOA's evidence-based [Resilience Strength Training](#) program, which helps Veterans process moral injury and other troubling life experiences that interfere with their ability to thrive and have comfortable lives.

Veterans often struggle with their transition back to civilian life, sometimes for years. That transition can include feeling like no one understands what they are going through and believing that civilians can't be trusted to understand. [VOA|ReST 4 Veterans](#) is led by Veterans who understand that struggle, as well as moral injury, can prevent Veterans from being resilient. As Veterans share their challenges in small groups, validate each other's experiences, connect and feel heard and affirmed, they recover resilience, trust, and feelings of worthiness and hope.

Every Veteran deserves dignity and respect. [Volunteers of America](#) is committed to promoting the well-being of all Veterans and their families, whether they are newly transitioning from military to civilian life or have long returned. Veterans who join this peer support session will be inspired by former service members and others with similar life experiences.

VOA is offering a coupon code that makes its [ReST 4 Veterans program](#) available through the end of the year at no charge. By using the code VA4FREE, Veterans will be able to access as many sessions as they would like through December 2022.

More Information

- [Register](#) for a session.
- Learn more about the [VOA/ReST 4 Veterans](#) program.
- Learn more about the [VOA Resilience Strength Training \(RST\)](#) program.

The sharing of any non-VA information does not constitute an endorsement of products and services on the part of VA. Veterans should verify the information with the organization offering.

"Be on your guard, stand firm in the faith, being men of courage, be strong." 1Cor 16:13

Sincerely,

William A. Harris, Jr.

William A. Harris, Jr., USAF Retired
President, Veterans for Christ, Inc.

www.veteransforchristinc.org

Need to contact VA?

[Veterans Crisis Line: 1-800-273-8255](#) and press 1, [Chat](#), or Text 838255

[Homeless Veteran Resources: 1-877-424-3838](#) or [Chat](#)

[White House VA Hotline: 1-855-948-2311](#)

[1-800-MyVA411 \(800-698-2411\)](#) is never the wrong number