Good Morning/ Afternoon Veteran,

It was great to speak with you today my friend!

We covered a lot of information today, including types of service connections and their requirements:

1. Direct
   1. An event in Service
   2. A current Diagnosis
   3. A medical opinion linking a and b together.
2. Secondary: service-connected condition causes or creates a new separate condition; Requires:
   1. A current diagnosis
   2. A service-connected condition
   3. A medical opinion linking the new diagnosis to the service-connected condition
3. Presumptive: Certain conditions are automatically assumed to be service-connected based on specific exposures or service criteria; Requires:
   1. A current diagnosis
   2. Evidence of qualifying service (e.g., time, location, or exposure)
   3. The condition must be on the VA’s list of recognized presumptive conditions for that type of service

We also spoke on the conditions that you wanted to address:

1. XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
2. XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

During our call, we also discussed some homework you will need to do which includes:

1. Obtain a diagnosis for every new condition you wish to file for.
2. The new conditions that you obtain a diagnosis for will need to have a medical opinion linking them to your service-connected conditions or military service. To assist with this I have attached a medical nexus fact sheet to give to your provider as well as an example letter. This will help them understand what VA is looking for. If you are unable to obtain this, that is okay, a medical opinion will be given by the VA examiner; having our own opinion adds more weight to your claim.
3. We spoke on mental health and attached is the mental health rating criteria, please print out 2 copies (1 for you and for someone you trust) go to separate rooms, and mark down the symptoms seen in your life. Come back together and speak of your observed symptoms. Start writing down examples of the symptoms you have experienced and continue in your “Mental Health Journal” each day until we are able to submit your claim. You can also bring this journal to your therapy appointments to help get your symptoms documented.
4. We spoke on you needing events in service for some of your conditions and to assist with this is VA form 21-10210 which is used by witnesses to you hurting yourself while on active duty. Also attached is VA form 21-4138 where you can describe the events in service.
5. Start storing any evidence you generate into PDFs labeled, Mental health condition, Back condition, etc… That way when we submit your claim to VA, we have all the evidence we need to submit as well as it labeled to make it easier for VA to rate.

Lastly, this homework will take some time to work on so please reach back out to me in 4 months with an email of all the medical evidence you were able to generate including journals.

If you have any questions or concerns before then please do not hesitate to reach back out to me.

Take care and I hope you have an awesome day!