



VA Form 21-4142 & VA Form 21-4142a

Remember, we informed you of these forms arriving in your eBenefits and postal mail. We requested VA do all the initial work procuring your records. However, without written permission FROM you, the Veteran, they cannot. When they arrive, complete them, sign date and RETURN to SOS for processing and submission.

VA Form 21-4142

Authorization to Disclose Information to the Department of Veterans Affairs (VA)

When to use this form

Use VA **Form 21-4142** to give us permission to obtain your personal information from a non-VA source like a private doctor or hospital. Examples of personal information may include your medical treatment, hospitalizations, psychotherapy, or outpatient care.

VA Form 21-4142a

General Release for Medical Provider Information to the Department of Veterans Affairs

When to use this form

Use VA **Form 21-4142a** to give us permission to get medical provider information from a non-VA source like a private doctor or hospital. This will allow us to gather information like the name and address of a facility and your medical treatment dates.