

Layman's Terms, aka "Lay Letter" instructions.

Please use the paragraph opening below to write your personal statement. (Write as much as you can possibly remember. The paragraph is endless for your use.) In this document, explain:

A. Why you never reported these conditions during service or at your separation physical (suck it up and drive on, only reported things you couldn't hide because you were trying to stay in, didn't report things when you got out cause you were like f... the service, just get me out of here or get me home, etc.).

B. Any specific physical training events, accidents (falls, pulling a muscle, vehicle accident, etc.) that may have injured your musculoskeletal conditions or your head.

C. Any specific event that you think of that could relate a specific condition to military service (e.g. got chemicals in my eye, and now I have eye pain, vision is worse, etc.; ever since I came back from deployment, I had difficulty sleeping, nightmares, insomnia, etc. and I believe this aggravated my now diagnosed obstructive sleep apnea, etc.)

D. Any pertinent information which may aid in your claims.

Here's why you NEED to do this...

The reasoning (from personnel who worked at the VA) is that if a Veteran puts in this much effort, then they will dig deep to try to grant the claim. It shows the Veteran is making an effort by providing as much specific information as possible where the Veteran thinks his conditions are related to service. If the Veteran is putting this much effort in, then the VA employee looking into this, should put the same amount of effort to aid the Veteran (since that is the motto of the VA - To fulfill President Lincoln's promise to care for those who have served in our nation's military and for their families, caregivers, and survivors).

Second, google any articles (e.g., that show particulate matter or chemical fumes cause certain respiratory conditions) and attach them to your statement. Any medical articles that are submitted with a claim, the doctor has to talk about them. For example, if you get an article that asbestos was used in military vehicles, ships, or facilities, then you submit the article, and in your words you write a statement, that yes, like in this article, I was assigned to military facility xyz and asbestos was used in xyz buildings, ships, vehicles, and now I suffer from bronchitis, upper respiratory infections (URIs), asthma, etc., and I assert this may be **related** to my current condition. So, you relate the article to your specific situation. We will submit articles that we have found to you, when we send you documents for your review.

Any medical articles, your statements, statements from others, etc., will all bear weight when analyzing if the Board or the Regional Office, or the VA examiner should relate the condition to military service.

Finally, we will always be looking up current information as more studies are conducted to aid in finding medical articles that relate military activities to current disabilities. More importantly, this is a partnership between our company and the services we provide you.

We will do everything in our power to aid in getting the benefits you may be entitled to, and with the help (your statements, your stories, your experiences) you provide, it will all help in getting those benefits.

We thank you for your service and the support you get from your family and friends.