

# BDD Claim Prep Checklist

Organize conditions, records, and questions before separation pressure builds.

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## Confirm the official lane

- ☐ Confirm current BDD eligibility and timing with VA.gov or accredited help.
- ☐ Write your expected separation date and any terminal leave timing.
- ☐ List every condition you may claim, including secondary or worsening conditions.
- ☐ Flag any conditions that still need diagnosis, treatment notes, or current symptoms documented.

## Build the records packet

- ☐ Collect service treatment records, deployment records, profiles, line-of-duty notes, and imaging.
- ☐ Add civilian treatment records, medications, therapy notes, and specialist summaries.
- ☐ Create a one-page timeline for each condition: onset, treatment, current impact.
- ☐ Track missing records and who can help you request them.

## Prepare for exams and filing

- ☐ Write plain-language symptoms, frequency, severity, flare-ups, and work impact.
- ☐ Bring a list of medications, devices, therapy, and restrictions.
- ☐ Prepare questions for VA.gov, a VSO, or accredited help before filing.
- ☐ Keep copies of anything submitted and any confirmation numbers or letters.

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Educational prep checklist only. ValorAI is not VA, a VSO, an attorney, an accredited claims agent, or a medical provider. This is not legal or medical advice and does not guarantee benefits. Use official VA channels or accredited help when you need filing or representation support.