

Migraine Nexus Prep Checklist

Organize frequency, severity, treatment, and work impact before clinical review.

Track the pattern

- ☐ Record frequency, duration, severity, and symptoms such as nausea, light sensitivity, or aura.
- ☐ Track prostrating episodes, missed work, reduced productivity, and recovery time.
- ☐ List medications, emergency care, neurology visits, imaging, and treatment changes.
- ☐ Note possible triggers, service events, exposures, or secondary-condition questions.

Gather support

- ☐ Medical records, prescription history, specialist notes, and urgent-care visits.
- ☐ Employer records, leave records, calendars, or migraine logs if available.
- ☐ Buddy or family statements about visible impact or missed activities.
- ☐ Prior VA decision letters or C&P exam notes if this is an appeal or increase question.

Prepare clinician questions

- ☐ Ask what records are needed to evaluate connection or severity.
- ☐ Separate symptom history from medical causation opinions.
- ☐ Do not ask software to create a medical nexus opinion.
- ☐ Keep copies of records and any clinician instructions.

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.