

Nexus Appointment Prep Checklist

Prepare facts and records before discussing a medical opinion with a qualified clinician.

Frame the medical question

- ☐ Name the condition and the theory of connection you want to discuss.
- ☐ Write the service event, exposure, injury, symptoms, or secondary condition involved.
- ☐ List current diagnoses, medications, imaging, treatment, and functional impact.
- ☐ Separate facts you can document from questions only a clinician can answer.

Bring useful records

- ☐ Service treatment records or event documentation.
- ☐ Current medical records, diagnoses, imaging, labs, therapy, or specialist notes.
- ☐ Prior VA decision letters, C&P exam notes, and relevant rating history.
- ☐ Lay or buddy statements that describe symptoms or timeline.

Keep the boundary clear

- ☐ Ask the clinician what records they need before forming any opinion.
- ☐ Do not write or sign a medical nexus opinion yourself.
- ☐ Do not pressure a clinician to use language they cannot support.
- ☐ Ask accredited help if you need representation or legal strategy.

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.