

HadIt.com – Migraine Claim Medical Evidence Toolkit

This toolkit is based on VA's rules and guidance under **38 CFR § 4.124a, Diagnostic Code 8100**.

1. Medical Evidence Veterans Should Collect

- Neurology & primary care notes
- ER/urgent care visit records
- C&P; exam copies
- Prescription history (dates, refills, dosage changes)
- Test results (MRI, CT scans if applicable)

2. How to Get Your Records

VA Records – Request through MyHealtheVet, VA.gov “Blue Button” download, or file VA Form 10-5345 (Release of Information).

Private Medical Records – Request from your provider's medical records office; use HIPAA release forms.

C&P; Exam Reports – Request directly from the VA or download from VA.gov under Disability → Documents.

3. Prescription Tracking Log

List your **migraine-related medications** here. If other prescribed medications cause side effects or trigger migraines, include them too.

Date	Medication	Dosage	Prescribing Provider	Notes / Side Effects
08/26/2025	Sumatriptan	100mg	Dr. Smith, VA Neurology	Partial relief
09/01/2025	Propranolol	20mg daily	Dr. Lee, Private Neuro	Preventive, mild fatigue

