



VA C&P Exam Preparation Checklist

Use this checklist to prepare for your upcoming VA Compensation and Pension (C&P) exam. These tips are based on the advice of a former VA examiner and are designed to help you present your symptoms clearly, honestly, and effectively—so the VA gets an accurate picture of your worst days.

- - Bring buddy letters or incident documentation
- - Choose one 'worst day' from the last 30-90 days to reference during your exam
- - Avoid sleep aids the night before if insomnia is part of your claim
- - Ask your spouse or caregiver for honest feedback about your recent behavior
- - Be ready with clear, honest answers - avoid rambling or vague responses
- - Don't discuss alcohol or drug use unless your exam is specifically about those issues
- - Stay focused on symptoms and impairments - not past VA frustrations
- - Review your medical history and condition-specific symptoms beforehand
- - Practice describing how your condition impacts daily life and work
- - Remember: VA rates you based on the worst you've been in the last few months

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