

## Veterans Administration Regional Office

The claim and the medical record are forwarded to the appropriate claims processing site (CPS).

The CPS schedules any medical examinations required to complete processing of the VA claim. Service members who do not complete a VA disability claim before final out-processing may contact the VA by calling 1-800-827-1000 after separating from service. VA will provide them with necessary information.

Although a claim may be filed at any time after separation, it is recommended that the initial application be completed within one year of release from service.

### **Requesting a Copy of Your Veterans Affairs (VA) Compensation & Pension Exam**

To request a copy of your Veterans Affairs (VA) Compensation and Pension Exam under the Freedom of Information Act (FOIA) call 1-800-827-1000. To Request the location of your Compensation and Pension Exam file and the address of the facility. In your letter to the VA, request a copy of the following:

- ★Pre-separation VA Exam (General Medical)
- ★DD Form 2808 Report of Medical Exam
- ★DD Form 2807-1 Report of Medical History
- ★Complete copy of VA Compensation & Pension Exam

## Exclusions

Individuals seeking service connection for undiagnosed illnesses or residuals of exposure to environmental hazards resulting from service in the Gulf War theater of operations after Aug. 2, 1990 may be excluded from participating in this program. In such cases the completed VA Form 21-526c should be turned in with the service medical records during final out-processing so that the claim can be forwarded to the VA for scheduling of an examination following separation from service.

For more information contact  
Soldier Medical Readiness Center  
(South entrance of the Thomas Moore Health Clinic)  
Building 2245  
58<sup>th</sup> Street and 761<sup>st</sup> Tank Battalion Ave.  
Fort Hood, Texas 76544

254-285-6231/6232

# DARNALL

ARMY MEDICAL CENTER



Carl R. Darnall Army Medical Center  
Public Affairs & Marketing Office  
CRDAMC HO 229 (rev) NOV 2010



Expiration of Term of Service

# ETS

Physical Examination  
Separation & Retirement

## ETS Physicals

Soldiers are not required to complete a separation physical IAW AR 40-501, para 8-24 (a&b), unless requested by the service member or the medical provider feels it is appropriate. There is no advantage to completing an ETS physical if the service member's medical condition is well documented in the medical record. In this instance, an ETS physical may only delay out-processing. If a new medical condition needs to be documented, this can still be done the same way as everything else was documented...by the service member making an appointment with their provider. Service members who do not have a potential service-connected disability but want a separation physical exam should contact their health clinic to schedule the exam.

Schedule the exam well in advance of your separation date. Service members who do not desire a separation physical or have sufficient time should contact their health clinic for a waiver to complete the clearing process. The form needed for a waiver is DD 2697.

## Retirement Physicals

A retirement physical examination is mandatory and should be scheduled in advance of the retirement date. Service members can receive an exam up to 12 months before retirement. If the exam is accomplished more than 4 months prior to retirement (or four months prior to transitional leave) then a DA form 3081 (Periodic Medical Examination (Statement of Examination)) will need to be attached to the original exam. If you have an injury that is a result of military service, please read the section on VA physicals.

## Combined Veteran Affairs & DoD Physical Exam for Separation, Retirement & Veterans Compensation Program

Service members who are planning to file a Veterans Affairs (VA) claim for an injury or illness that is a result of military service can receive their separation and VA compensation physical examination at the same time. The goal of this ongoing program, sponsored by the Department of Defense and the Department of Veterans Affairs (DVA), is to reduce duplication of effort and expedite VA claims processing. To combine your separation and VA physical and file a VA claim, you must begin the process well before you will leave the service.

Do not schedule a medical examination earlier than 6 months nor later than one month before the anticipated date of separation or retirement. The VA cannot accept a claim more than 180 days prior to separation or retirement. Terminal leave date is not a factor in the VA exam process. Soldiers within 60-180 days of separation or retirement are considered a participant of the Benefits Delivery at Discharge (BDD) Program, and Soldiers with 1-59 days are participants of the Quick Start Program.

Service members who do not meet the time deadline should complete the VA disability compensation claim before final out-processing and attend the VA disability claims briefing held each Monday. They should also turn in the VA compensation claim form with the service medical record to the VA section, Copeland Center, Room A308, before final out-processing. This will still allow the service member to participate in the Quick Start Program.

## The Combined Physical Exam Process

1. Call Central Appointments at 288-8888 to schedule Part I of your physical exam. Coordinate with your clinic to ensure that copies of your reports (CT scans, MRI, consults, shot records etc.) are present in your medical records. It is very important that you bring copies of ALL profiles (temporary and permanent) with you to your VA appointment. This will speed up the process. Female personnel: Schedule a PAP/Well Woman exam with your primary care provider if one has not been completed within the past year.

2. Go to the Soldier Medical Readiness Center (SMRC) in the Thomas Moore Health Clinic (58th street & 761st Tank Battalion Avenue) on the day of your appointment to complete Part I. Retirement or over-40 physical: IMPORTANT - DO NOT EAT anything 12 hours prior to your appointment. You may take prescribed medications with water. Bring your glasses/contacts (if you wear them) and report in PT uniform, preferably short sleeve. Bring your ID card and a pen, with black ink.

3. Attend the VA Disability Claims Assistance Briefing. Briefings are held each Monday at 12:45 p.m., in the Soldier Service Center, building 18010, room B110. A disability application will be completed at the briefing. For some reason if you can't get into the briefing because of limited seating go to the ACAP on the third floor to put yourself on the schedule to attend a future briefing. You can still try to walk-in on the following Monday for space available if your appointment is further out.

4. Once you have attended the VA Briefing in room B 110 take a copy of your medical records along with the complete VA Form 21-526 to the third floor of the Copeland Center, Room A 308, so that the counselors can sit down with you, screen your records and input into the computer what you want to claim. They will keep that copy of your medical records. Be advised that your original records are sent to St. Louis, one copy of your medical records the VA will keep and the other copy you will keep upon exiting the military. That is why you are required to make two copies of your medical records.

5. To schedule Part II Physical Exam. Take the completed VA Form 21-526c to either room B093 or B095. VA staff will schedule the exam. If the combined VA/DOD physical appointments are past your separation or retirement date, you will have to get your ETS or Retirement physical done at your assigned clinic (as noted in this handout) and the VA portion of the physical will be done at the VA hospital in Temple, TX (or at your local VA hospital, if you are leaving the area).

6. Upon receipt of DD214, provide a copy to room A 308 at Copeland Soldier Service Center.

