



Hernia Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Start with the essentials

- 1 Name the hernia and its history**
Record the diagnosed type, location, onset, surgeries, and recurrences. Do not combine different hernia types or surgical residuals into one label.
- 2 Capture the current clinical findings**
Organize what the record says about size, reducibility, support, operability, recurrence, and symptoms without assigning yourself a percentage.
- 3 Keep the claim and the residuals organized**
Use the page's service-connection, examination, secondary-condition, and decision sections to identify the next questions and records you need.

How to use this packet

Complete only what helps you prepare. Use approximate dates when exact dates are unavailable. Mark records as missing or unverified instead of guessing.

The full guide, research, charts, rating discussion, sources, and current information remain online at:

<https://ratemyvso.net/dc/hernia-guide>



WORKSHEET 1 OF 5

Hernia diagnosis and treatment timeline

Optional working notes for Hernia. Write only what you know. Leave anything blank that does not apply.

Hernia type, location, side, and diagnosis date

In-service symptoms, event, diagnosis, or treatment, with approximate dates

Operations, repairs, recurrences, complications, and dates

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.



WORKSHEET 2 OF 5

Current findings and support

Optional working notes for Hernia. Write only what you know. Leave anything blank that does not apply.

What an examination says about size, reducibility, recurrence, or operability

Use of a belt, truss, support, or other treatment and whether it helps

Pain, protrusion, lifting limits, digestive symptoms, or other effects actually experienced

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WORKSHEET 3 OF 5

Residuals and provider questions

Optional working notes for Hernia. Write only what you know. Leave anything blank that does not apply.

Surgical scars, nerve symptoms, or other residuals and where they are documented

Other service-connected conditions or treatment that may be related, if applicable

Questions about diagnosis, recurrence, cause, worsening, or separate residuals

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WORKSHEET 4 OF 5

Records and unanswered questions

Optional working notes for Hernia. Write only what you know. Leave anything blank that does not apply.

Record, date, source, and page if known

Do I have my own copy?

- | | |
|---|---|
| ☐ Not sure | ☐ I have a copy |
| ☐ Requested, still waiting | ☐ I do not have a copy |

Do I know whether the VA has it?

- | | |
|---|---|
| ☐ Unknown / not verified | ☐ Submission receipt available |
| ☐ Listed in my decision letter | ☐ Not submitted by me |

Missing records, request dates, and questions to follow up

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WORKSHEET 5 OF 5

Decision-letter reading sheet

Optional working notes for Hernia. Write only what you know. Leave anything blank that does not apply.

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative

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