

VA Migraine 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. The full guide, with the research, charts and sources, stays on the website.

Start with the essentials

1 Connection and severity are different questions

Understand how the migraines relate to service, then how the attacks affect your functioning. This guide explains the connection pathways and the rating criteria separately.

2 Describe the attacks in practical terms

Track symptoms, frequency, duration, recovery, and the activities you have to stop. Record treatment and the real effects on work or daily life, in your own words.

3 Match your account with available records

Start with the documents you already have. Mark missing or unverified records honestly, then use the claim, exam or decision tools for your next step.

Prepare: your own working pages

Optional. These are your own 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.

Attack and daily-life log

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Date or approximate date

Duration and recovery

Symptoms you actually experienced

What you had to stop or could not do

Treatment used and what happened

Records and unanswered questions

Record or document

Date, source, and page if known

Do you have your own copy?

Choose one



Do you know if the VA has it?

Choose one



Unanswered question or next follow-up

Questions for a representative or the records custodian

Personal and witness notes

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What do you remember about when the headaches began?

What changed in work, school, family life, or ordinary activities?

What could a witness describe from seeing it firsthand?

Exam notes and provider conversation

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What pattern of symptoms, duration, and recovery do you need to explain?

What treatments have you used, and what happened?

Questions to discuss with your own clinician

Which records can you provide, and what is missing?

Decision-letter reading sheet

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Date and type of letter

What did the VA decide about this condition?

Which findings or reasons does the letter give? Include page numbers.

What evidence does the letter list? What do you want to ask about?

Dates and review instructions printed in the letter

Questions for an accredited representative
