



Vertigo and Meniere's 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 Start with the diagnosis and test results

Vertigo is a symptom as well as part of several diagnoses. Record what the clinician diagnosed and the hearing, vestibular, imaging, or other testing used.

2 Track attacks and associated findings

Note frequency, duration, dizziness, staggering or gait effects, hearing changes, tinnitus, nausea, and recovery in your own words.

3 Document function and safety

Record falls, driving limits, work effects, treatment, and accommodations, then organize the records and questions needed for the next step.

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/vertigo-guide>



WORKSHEET 1 OF 5

Vertigo and Meniere's attack log

Optional working notes for Vertigo and Meniere's. Write only what you know. Leave anything blank that does not apply.

Date or approximate date, duration, and recovery

Dizziness, spinning, staggering, gait change, nausea, hearing change, tinnitus, or other symptoms

What you had to stop, safety risk, fall, help needed, or work effect

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

Diagnosis and testing

Optional working notes for Vertigo and Meniere's. Write only what you know. Leave anything blank that does not apply.

Diagnoses recorded and the clinician or facility

Hearing, vestibular, imaging, neurological, or other test results and dates

Other conditions or explanations considered and questions still unresolved

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WORKSHEET 3 OF 5

Treatment, function, and connection questions

Optional working notes for Vertigo and Meniere's. Write only what you know. Leave anything blank that does not apply.

Medicines, therapy, devices, procedures, and response

Driving, walking, stairs, heights, work, and ordinary-activity effects

Service onset, event, continuity, or secondary-condition history and questions for a clinician

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WORKSHEET 4 OF 5

Records and unanswered questions

Optional working notes for Vertigo and Meniere's. 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 Vertigo and Meniere's. 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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