



YOUR FULL VA CLAIMS HISTORY, NOT JUST ONE EXAM

REQUEST YOUR COMPLETE VA CLAIMS FILE

Your C-file is the VA's claims record for you. This request covers the whole file, not just your DBQs or the records from one C&P examination.

STEP 1
CHOOSE THE FULL C-FILE

STEP 2
COMPLETE 20-10206

STEP 3
SUBMIT YOUR REQUEST

STEP 4
KEEP YOUR CONFIRMATION

1 ASK FOR EVERYTHING HELD IN YOUR CLAIMS FILE

Request the complete file across your claims history. **Do not limit it to one condition, one claim, or one examination.**

CLAIMS & SUBMITTED EVIDENCE

Claim and appeal documents, statements, supporting evidence, and attachments maintained in your file.

C&P RECORDS & OPINIONS

Completed DBQs, medical opinions, examination reports, and associated addenda held in the claims file.

DECISIONS & CODE SHEETS

Rating decisions, rating code sheets, decision notices, and claim-related correspondence in the file.

SERVICE & MEDICAL EVIDENCE

Service records and medical evidence the VA has placed in your claims file, not every record held elsewhere.

A complete C-file is not automatically your complete VA health record, military personnel file, or every hospital record. Records outside the claims file may require separate requests.

2 USE THE OFFICIAL PERSONAL-RECORDS REQUEST

ONLINE OPTION

START WITH THE VA

Open the VA's Form 20-10206 page and follow its online personal-records request. Request your **claims file (C-file)**, not only claim-exam records.

[VA.gov/forms/20-10206/](https://va.gov/forms/20-10206/)

PAPER FORM

SELECT C-FILE

In Section III, item 17, check **Claims File (C-file)**. Complete the identification and signature sections. Use Remarks for the wording below.

MAIL OPTION

SEND THE FORM

Mail the completed, signed VA Form 20-10206 to:

VA Evidence Intake Center
PO Box 4444
Janesville, WI 53547-4444

Use the **current instructions on the VA's form page**. Complete identity details only in the official form or submission service. Never post your Social Security number or claims file in a public comment.

3 COPY THIS COMPLETE C-FILE REQUEST

SUGGESTED WORDING, NOT OFFICIAL FORM LANGUAGE

“I request a complete copy of my VA claims file (C-file), including all paper and electronic records maintained as part of that file, from the earliest available record through [today's date]. Please include claim and appeal documents, submitted evidence, service records held in the file, C&P examination records and medical opinions, rating decisions and code sheets, notices, correspondence, and attachments. This request is for my complete claims file, not only one examination or claim. Please provide an electronic copy if available.”

On the paper form: put this in Remarks (Section VI, item 20), using an attached continuation sheet if needed. It supplements the form; it does not replace the required identification and signature.

Your full name

Required identity details

Current return address

Signature and date

Keep a request copy

4 CHOOSE THE SCOPE YOU ACTUALLY NEED

1

JUST YOUR DBQs

Only completed DBQ files from a named C&P exam, including a separate Medical Opinion DBQ when completed. Use the DBQ-only guide.

2

THE COMPLETE EXAM

One examination's full finalized bundle: DBQs, opinion, related reports, addenda, clarifications, and rework. Use the complete C&P exam guide.

3

YOUR COMPLETE C-FILE

The whole VA claims file across your claims history, including examination records held there. This is the broad request described on this page.

THE WHOLE CLAIMS FILE

Save the request and delivery confirmation. Review the response for missing records. Keep track of any claim or appeal deadlines while you wait; this guide makes no turnaround promise.

