



AFTER A COMPENSATION AND PENSION EXAM

GET YOUR COMPLETE C&P EXAM RECORDS

This requests one complete C&P exam bundle. It is not a request for your full medical record or your entire C-file.

STEP 1
EXAM COMPLETE

STEP 2
NAME ALL EXAM RECORDS

STEP 3
SUBMIT 20-10206

STEP 4
SAVE THE RESPONSE

1 ASK FOR THE COMPLETE EXAM BUNDLE

A C&P exam can produce more than one document. **Asking only for “my DBQ” may leave out the opinion or a later correction.**

COMPLETED DBQ OR DBQS

The examiner's diagnoses, findings, measurements, symptoms, and functional-impact answers for each examined condition.

MEDICAL OPINION DBQ

The examiner's separate answer about direct service connection, secondary causation, aggravation, or toxic exposure, when an opinion was requested.

ADDENDUM OR CLARIFICATION

A later response may correct, expand, or explain the original report. Ask for every addendum, clarification response, and rework.

RELATED TEST REPORTS

Ask for diagnostic testing and examiner rationale submitted with the exam, such as imaging, pulmonary testing, audiology results, or a sleep-study review.

The medical opinion may be separate from the condition DBQ. If you want to understand the examiner's service-connection conclusion, request both.

2 USE THE OFFICIAL PERSONAL-RECORDS REQUEST

BEST STARTING ROUTE

SUBMIT ONLINE

Sign in, start VA Form 20-10206, and select **Claim exams, sometimes called C&P exams.**

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

PAPER OPTION

MAIL

Send the completed VA Form 20-10206 to:

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

LOCAL OPTION

IN PERSON

Bring the completed form to a VA regional office. Keep a copy and proof that it was received.

Do not ask the examiner or contractor for the final report. The VA says the provider sends the report to the VA, and the Veteran must request the finalized report from the VA.

3 COPY THIS COMPLETE-EXAM REQUEST

COPY, FILL IN, AND SUBMIT

“I request a copy of all finalized Compensation and Pension examination records for my [condition or conditions], examined on or about [date] by [VA facility or contractor, if known]. Please include every completed DBQ, Medical Opinion DBQ, examiner rationale, related diagnostic test report, addendum, clarification response, and rework associated with that examination through [today's date]. This request is limited to the complete records from that examination. It is not a request for my full medical record or complete claims file.”

Exam date or narrow date range

Every examined condition

Examiner or contractor

Location, if known

Request through today's date

4 THREE USEFUL CHECKS WHILE YOU WAIT

VA

VA-PERFORMED EXAM

If a Veterans Health Administration examiner performed it, the signed C&P note may later appear in your VA health records online. Current VHA policy delays release for 20 business days after completion.

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CONTRACTOR EXAM

Do not expect the contractor's portal or examiner to provide the final DBQ. Use the VA Form 20-10206 route even when QTC, VES, OptumServe, Loyal Source, or another contractor performed the exam.

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ACCREDITED REPRESENTATIVE

An appointed accredited representative may be able to see the finalized documents in the VA claims file. Access and copy-release practices vary, so this is worth asking about but is not a guaranteed substitute for your own request.

ONE COMPLETE EXAM BUNDLE

This request includes the full set of records produced for the named C&P examination. It does not request unrelated health records or the rest of your C-file.