



AFTER A COMPENSATION AND PENSION EXAM

REQUEST JUST YOUR DBQS

Ask only for the completed DBQ files from one C&P exam. Do not request your full medical record, complete exam bundle, or entire C-file.

STEP 1
EXAM COMPLETE

STEP 2
IDENTIFY THE DBQS

STEP 3
SUBMIT 20-10206

STEP 4
SAVE THE RESPONSE

1 NAME ONLY THE COMPLETED DBQS

A C&P exam can produce several records. **This request deliberately asks for the completed DBQ files and nothing else.**

CONDITION DBQ OR DBQS

Ask for every completed condition DBQ from the named exam, especially when more than one condition was examined.

MEDICAL OPINION DBQ

If the examiner completed a separate Medical Opinion DBQ for the same exam, request that DBQ too.

ONE NAMED EXAMINATION

Identify the condition or conditions, exam date, and VA facility or contractor so the request stays focused.

NOTHING ELSE REQUESTED

Do not ask for test reports, narrative records, addenda, clarifications, the complete medical record, or the entire C-file.

A separate Medical Opinion DBQ is still a DBQ. The wording below includes it when one was completed, but excludes non-DBQ examination records.

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 DBQ-ONLY REQUEST

COPY, FILL IN, AND SUBMIT

“I request a copy of each completed Disability Benefits Questionnaire, or DBQ, produced for my Compensation and Pension examination for [condition or conditions], conducted on or about [date] by [VA facility or contractor, if known]. Please include the completed condition DBQ or DBQs and any separate Medical Opinion DBQ completed for that examination. This request is limited to those completed DBQ files. I am not requesting my complete claims file, full medical record, diagnostic test reports, or other examination records.”

Exam date or narrow date range

Condition or conditions

Examiner or contractor

Location, if known

Write “DBQs only”

4 THREE CHECKS FOR A DBQ-ONLY REQUEST

VA

VA-PERFORMED EXAM

If a Veterans Health Administration examiner performed it, a signed C&P record may later appear in your VA health records online. Check whether it includes every DBQ you requested.

C

CONTRACTOR EXAM

Do not expect the contractor's portal or examiner to provide the final DBQ. Use VA Form 20-10206 even when a contractor performed the exam.

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ACCREDITED REPRESENTATIVE

An appointed accredited representative may be able to see whether the completed DBQs are in the claims file. Copy-release practices vary, so submit your own request when needed.

DBQS ONLY

This wording requests only completed DBQ files from the named examination. It does not ask the records office to assemble the rest of the exam bundle, your medical record, or your entire C-file.

