



HOW TO ASK YOUR DOCTOR FOR A NEXUS LETTER



CONVERSATION

Ask for a medical opinion, not a guaranteed result.

A clinician may agree, decline, need more records, or refer the question to a specialist. Make the request clear, respectful, and easy to evaluate.

BEFORE PREPARE

- Identify the exact medical question
- Organize the evidence packet
- Read any negative VA opinion
- Choose a provider with relevant expertise

DURING ASK

- Explain the VA is asking for a medical connection
- Ask whether the provider can review the records
- Invite an independent conclusion
- Offer the required deadline

AFTER REVIEW

- Check factual accuracy
- Confirm the correct direction
- Confirm rationale, signature, and date
- Do not rewrite the clinician's judgment

PLAIN-LANGUAGE REQUEST

A RESPECTFUL WAY TO FRAME IT

CONVERSATION STARTER

VA is deciding whether my current condition is medically connected to [service event or service-connected disability]. Would you be willing to review the relevant records and, if you can reach an opinion, explain whether that relationship is medically supportable and why?

PRIVATE TREATING CLINICIAN

Explain the claim question and provide the focused record. Ask about office policy, time, fees, and whether the provider feels qualified to answer.

VA TREATING CLINICIAN

Ask whether the provider can document the relevant medical judgment or assist with supporting records. A provider may decline or identify limits on what they can address.

IF THE ANSWER IS NO

DO NOT PRESSURE THE PROVIDER

ASK WHAT IS MISSING

The clinician may need testing, records, longer treatment history, or a specialist evaluation.

PRESERVE THE RELATIONSHIP

A treating provider's primary role is medical care. A refusal to write does not necessarily mean the claim lacks merit.

CONSIDER ANOTHER QUALIFIED SOURCE

See the Where VA Nexus Opinions Come From poster. Avoid providers promising a guaranteed favorable outcome.

FIX THE ACTUAL EVIDENCE GAP

If the problem is diagnosis, event verification, or credibility, a new nexus letter may not solve it.

ASK FOR JUDGMENT, NOT ADVOCACY. The most credible opinion is one the clinician can defend from the medical record.

