



Essential Veteran Services

EVALUATIONS & NEXUS LETTERS

VETERAN-LED • INDEPENDENT • CONFIDENTIAL

Requesting an Increase Without a Coach

A Veteran's Step-by-Step Guide

A step-by-step walkthrough for Veterans filing for an increase on their own.

01 Qualify

02 Intent to File

03 File on VA.gov

04 Evidence

05 C&P Exam

This guide does not replace medical or legal advice. It is an educational resource to help you navigate VA.gov with clarity.

You Were Already Rated.

Requesting an increase in your VA disability rating can feel overwhelming.

You were already rated. You already went through the process once. And now your condition has worsened — or the rating doesn't reflect your current reality.

THIS GUIDE WALKS YOU THROUGH:

01

Understanding when you qualify for an increase

02

Submitting an Intent to File (if needed)

03

Filing for a rating increase on VA.gov

04

Uploading medical evidence to support worsening symptoms

05

Preparing for a new C&P exam

Take this one step at a time.

You do not have to complete everything in one sitting.

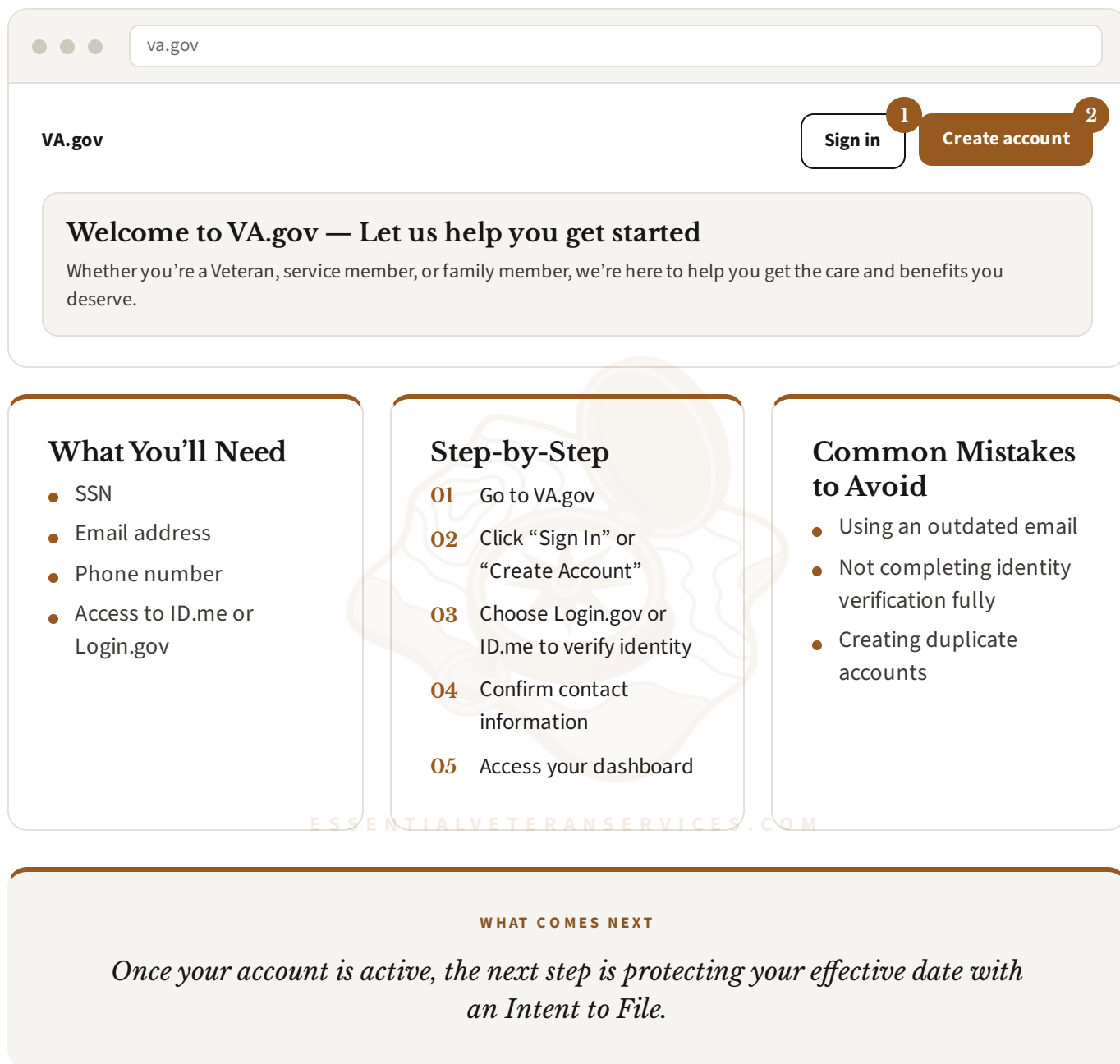
A note on this guide

This guide does not replace medical or legal advice. It is an educational resource to help you navigate VA.gov with clarity.

ESSENTIALVETERANSERVICES.COM

You served. Your benefits should reflect your current condition.

Step 1: Log Into Your VA.gov Account



The screenshot shows the VA.gov homepage. At the top, there's a browser address bar with 'va.gov'. Below it, the 'VA.gov' logo is on the left, and 'Sign in' and 'Create account' buttons are on the right. The 'Sign in' button has a '1' in a circle above it, and the 'Create account' button has a '2' in a circle above it. A large welcome message reads: 'Welcome to VA.gov — Let us help you get started. Whether you're a Veteran, service member, or family member, we're here to help you get the care and benefits you deserve.' Below this, there are three columns: 'What You'll Need' (listing SSN, Email address, Phone number, and Access to ID.me or Login.gov), 'Step-by-Step' (a 5-step process: 01 Go to VA.gov, 02 Click "Sign In" or "Create Account", 03 Choose Login.gov or ID.me to verify identity, 04 Confirm contact information, 05 Access your dashboard), and 'Common Mistakes to Avoid' (listing Using an outdated email, Not completing identity verification fully, and Creating duplicate accounts). At the bottom, a section titled 'WHAT COMES NEXT' states: 'Once your account is active, the next step is protecting your effective date with an Intent to File.'

va.gov

VA.gov

Sign in 1 Create account 2

Welcome to VA.gov — Let us help you get started

Whether you're a Veteran, service member, or family member, we're here to help you get the care and benefits you deserve.

What You'll Need

- SSN
- Email address
- Phone number
- Access to ID.me or Login.gov

Step-by-Step

- 01 Go to VA.gov
- 02 Click "Sign In" or "Create Account"
- 03 Choose Login.gov or ID.me to verify identity
- 04 Confirm contact information
- 05 Access your dashboard

Common Mistakes to Avoid

- Using an outdated email
- Not completing identity verification fully
- Creating duplicate accounts

ESSENTIALVETERANSERVICES.COM

WHAT COMES NEXT

Once your account is active, the next step is protecting your effective date with an Intent to File.

Step 2: Request an Increase in Your VA Rating

An increase is for a condition the VA has already rated as service-connected that has gotten worse (you'll need updated medical evidence).

A) Gather “worsening” evidence first

Collect recent evidence that shows increased severity, such as:

- New medical records
- New test results/imaging
- Provider notes documenting worsening symptoms
- A personal statement describing what has changed

NOTE *VA specifically notes that you'll need up-to-date medical evidence showing the disability has worsened for an increased claim.*

B) Start the increase request on VA.gov

- 01** Sign in to VA.gov
- 02** Go to Disability
- 03** Choose File for disability compensation (same entry point as filing)
- 04** When asked what you're filing for, select Increase (wording may look like “increased claim” or “request an increase”)

C) SELECT THE CONDITION YOU WANT INCREASED

- 01** Choose the already-rated condition from your list (example: “PTSD,” “knee condition,” etc.)
- 02** Confirm you're requesting an increase because symptoms have worsened

NOTES:

Step 2: Upload, Review, and What Comes After

D) Upload updated evidence

- Upload your new evidence (the “worsening” proof)
- Label files clearly and confirm each upload completes successfully
- Keep to accepted file types and size limits where applicable (PDF, GIF, JPEG, BMP, TXT; 25MB/file shown in VA upload guidance).

E) Review and submit the increase request

Review:

- Condition selected is correct
- Updated evidence is attached
- Contact info is correct
- Certify/attest (truthfulness statement)
- Click Submit
- Save the confirmation page

F) After submitting an increase

- Track progress in the Claim status tool
- If VA requests a C&P exam, attend it (missing it can delay or impact the outcome)
- You can upload additional evidence later via claim status tool (“Files” → “Additional evidence” → Add Files)

DATES, CONFIRMATION NUMBERS, AND NOTES:

ESSENTIALVETERANSERVICES.COM

NEXT STEPS

If You Need Support

You Don't Have to Navigate This Alone.

Filing alone is possible. Filing strategically requires documentation.

If you're preparing for an increase, Essential Veteran Services can help.

CONNECT WITH US TODAY



EMAIL

info@essentialveteranservices.com



PHONE

(469) 240-9353



WEBSITE

essentialveteranservices.com

[Book an Evaluation](#)



Veteran in crisis, or worried about one? Free, confidential support, 24/7.

[Call 988, then press 1](#) · Text 838255 · VeteransCrisisLine.net



Essential Veteran Services

EVALUATIONS & NEXUS LETTERS

Disclaimer: Essential Veteran Services is not a Veterans Service Organization or law firm, and is not affiliated with the Department of Veterans Affairs. Essential Veteran Services does not provide legal, medical, or mental health treatment and is not able to assist clients in preparing or filing their claims. Results are not guaranteed. Clients are not paying for a particular diagnosis, but rather for a professional opinion, which may differ from their own or from another provider. Not every individual will meet diagnostic criteria for a mental health disorder. Additionally, the Department of Veterans Affairs is the final decision-maker for all service connections.

Created by Essential Veteran Services · © 2026 Essential Veteran Services — All Rights Reserved · essentialveteranservices.com