

Vietnam Veterans

Manage Your Health

Proactively developing a long-term health care plan with your care team can help detect conditions early and treat or lessen the effect of complications resulting from exposure(s). If you have already filed a claim with the VA, and have been denied benefits or are getting benefits, but you believe you could/should qualify for benefits or want to file for an additional presumptive benefit, call the numbers below and try again. The presumptive conditions have been updated and now you may qualify.

Talk with a VA Provider:

Call **1-800-MyVA411** then **press 8** or visit a local VA clinical care team in your area.

If you haven't already done so, **ENROLL IN VA CARE**

Online www.va.gov/health-care/apply/application/introduction

Call **1-877-222-VETS (8387)**

Visit your nearest VA medical center and enroll in person: www.va.gov/find-locations

If you were exposed to Agent Orange or served in the following locations, you may have a presumptive condition.

- ♣ Republic of Vietnam or on a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia between Jan. 9, 1962 and May 7, 1975
- ♣ Any U.S. or Royal Thai military base in Thailand from Jan. 9, 1962 through June 30, 1976
- ♣ Laos from Dec. 1, 1965 through September 30, 1969
- ♣ Cambodia at Mimot or Krek, Kampong Cham Province from April 16, 1969 through April 30, 1969
- ♣ Guam or American Samoa or in the territorial waters off Guam or American Samoa from Jan. 9, 1962 through July 31, 1980
- ♣ Johnston Atoll or on a ship that called at Johnston Atoll from Jan. 1, 1972 through Sept. 30, 1977 o

Specific presumed conditions include:

- ♣ AL amyloidosis
- ♣ B-cell leukemia
- ♣ Chronic lymphocytic leukemia
- ♣ Multiple myeloma
- ♣ Type 2 diabetes
- ♣ Hodgkin's disease
- ♣ Ischemic heart disease (including but not limited to, coronary artery disease and atherosclerotic cardiovascular disease)
- ♣ Non-Hodgkin's lymphoma
- ♣ Parkinson's disease
- ♣ Parkinsonism
- ♣ Prostate cancer
- ♣ Respiratory cancers
- ♣ Soft-tissue sarcoma (not including osteosarcoma, chondrosarcoma, Kaposi's sarcoma or mesothelioma)
- ♣ Bladder cancer
- ♣ Hypothyroidism

- ♣ Hypertension
- ♣ Monoclonal gammopathy of underdetermined significance (MGUS)

For additional information:

[VA Presumptive List Explained: Top 200+ Conditions Eligible for Presumptive Service Connection \(2023 Edition\) \(vaclaimsinsider.com\)](#)

[The PACT Act And Your VA Benefits | Veterans Affairs](#)

Call the **VA Benefits Hotline: 1-800-827-1000** for help in filing a claim.

Submit a claim online: www.va.gov/disability/how-to-file-claim

If you believe you have a condition that qualifies you for health-related care and/or benefits call any of the numbers above and/or contact the VA online.

Whatever you do, don't give up. You have earned these benefits, and a bit of a hassle in obtaining what you deserve is worth the effort. Just don't give up.

Good luck in your efforts. Thank you for your service to our country.

"A veteran - whether active duty, or retired, is someone who, at one point in his or her life, wrote a blank check made payable to "The United States of America", for an amount of "up to, and including their life." That is Honor, and there are way too many people in this country who no longer understand that".