



Preparing for Your C&P Exam

Veteran Educational Guide

Prepared by J Mac Verified Consulting to help veterans better understand and prepare for the Compensation & Pension (C&P) examination process.

Preparing for Success

Understand the Purpose of the Exam

The C&P; examiner documents medical findings and answers questions requested by the VA. The exam is an evaluation, not a treatment appointment.

Review Your Claimed Conditions

Review your conditions before the appointment and be prepared to discuss symptom history, treatment, progression, and daily impact.

Be Honest and Accurate

Do not exaggerate or minimize symptoms. Provide a complete and accurate description of your condition and its effects.

Explain Functional Impact

Describe how your condition affects work, sleep, mobility, relationships, concentration, and daily activities.

Discuss Flare-Ups and Bad Days

Explain how often flare-ups occur, how long they last, and what limitations they create.

Arrive Prepared

Bring identification and be prepared to discuss medications, treatments, surgeries, and assistive devices.

Mental Health Exams

Be prepared to discuss symptoms, social functioning, work performance, sleep issues, anxiety, depression, and related concerns.

After the Exam

Document your recollection of the exam, including duration, topics discussed, and any concerns.

Common Mistakes to Avoid

- Missing the appointment.
- Minimizing symptoms.
- Failing to explain functional impact.
- Assuming the examiner has reviewed every record.
- Forgetting to discuss flare-ups.

Important Disclaimer

J Mac Verified Consulting is not a law firm, medical provider, or accredited VA representative. This guide is for educational and informational purposes only and does not guarantee any specific outcome or VA decision.

Thank you for allowing J Mac Verified Consulting to support your journey.