THE VETERAN'S BEARING™

NEW CLAIMANT MEDICAL QUICK SCAN

YOUR FIRST-PASS MEDICAL VIEW

A premium first-pass scan to help you notice medical concerns before you start building the claim.



START HERE

How This Quick Scan Works

Use it to notice patterns—not to diagnose yourself or decide what VA should grant.



THE FIRST-PASS OBJECTIVE

Identify medical concerns that deserve a closer look, connect them to an approximate timeline, and recognize whether evaluation or records may be missing.

Three simple moves

1	Scan
2	Select
3	Summarize

Scan every body area without limiting yourself to conditions you already understand. Select one concern that most needs attention. Summarize what you experience, when you noticed it, and what it changes in daily life.

STAY TRUTHFUL AND CLINICAL

Use your own words. Do not guess, exaggerate, or reshape your experience to fit a disability claim. If something is unknown, mark it unknown.

QUICK SCAN 1 OF 2

Head-to-Toe Medical Quick Scan

Mark symptoms or concerns you currently experience or have experienced repeatedly.



Medical area	Possible concerns to notice	My scan
Mental health & behavior	Mood, anxiety, trauma symptoms, irritability, withdrawal, concentration, memory	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Brain & neurological	Headaches, dizziness, tremor, balance, numbness, weakness, seizures, cognitive changes	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Sleep & breathing	Insomnia, snoring, breathing pauses, daytime sleepiness, shortness of breath, cough	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Ear, nose, throat & hearing	Hearing difficulty, tinnitus, sinus problems, congestion, vertigo, smell, swallowing	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Neck, back & spine	Pain, stiffness, spasm, reduced movement, radiating symptoms, flare-ups	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Arms, hands & shoulders	Pain, weakness, instability, numbness, grip loss, limited movement	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Hips, knees, ankles & feet	Pain, swelling, instability, gait changes, falls, plantar pain, orthotic use	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure

QUICK SCAN 2 OF 2

Complete the Whole-Body View

A concern does not need a familiar name before it deserves appropriate medical attention.



Medical area	Possible concerns to notice	My scan
Heart & circulation	Chest symptoms, palpitations, blood pressure, swelling, fainting, exercise intolerance	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Digestive & abdominal	Reflux, nausea, abdominal pain, bowel changes, bleeding, food intolerance	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Urinary & reproductive	Frequency, urgency, leakage, infections, kidney, pelvic or sexual-health concerns	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Endocrine, metabolic & blood	Diabetes, thyroid, anemia, hormonal concerns, fatigue, weight or temperature changes	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Skin, scars & hair	Rashes, itching, lesions, infections, painful scars, burns, hair changes	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Eyes, dental, jaw & oral	Vision changes, eye pain, jaw movement, chewing, traumatic tooth loss, oral lesions	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure
Immune, infectious & systemic	Chronic infections, immune disorders, cancer, treatment effects, widespread symptoms	☐ None ☐ Current ☐ Past/recurrent ☐ Unsure

FOCUS

One Concern Worth a Closer Look

Choose one item from the quick scan. This is a starting snapshot—not a diagnosis.



Prompt	My first-pass answer
Concern or symptom	
When I first noticed it	
Current pattern: how often / how long	
What makes it worse or better	
Evaluation, treatment, medication, or device	
Provider or record that may contain information	
What remains unclear	

Current status

☐ Diagnosed ☐ Treated ☐ Symptoms only ☐ Never evaluated ☐ Unsure

READINESS CHECK

What Is Documented—and What Changes in Daily Life?

A symptom list becomes more useful when paired with healthcare history and observable function.



Documentation check	Yes	No	Unsure
A healthcare professional has evaluated this concern	☐	☐	☐
I can identify where related records are located	☐	☐	☐
The current frequency or pattern is documented	☐	☐	☐
Treatment, medication, testing, or referrals are documented	☐	☐	☐

Functional-impact quick check

☐ Work/school ☐ Sleep/energy ☐ Movement ☐ Concentration ☐ Driving/travel

☐ Household tasks ☐ Relationships ☐ Self-care ☐ Safety ☐ No clear impact

One real-life example	
What happened / what changed	
Help, adjustment, or recovery needed	

YOUR RESULT

Your Medical Starting Point

This quick scan identifies what may deserve attention. It does not complete medical or claim development.



My result	Mark one
I identified a concern with existing evaluation and records	☐
I identified symptoms, but the diagnosis or current status is unclear	☐
I identified records or treatment information I cannot yet locate	☐
I identified functional effects that I have not clearly documented	☐
I need a more complete inventory across several body systems	☐

CONTINUE WITH THE STARTER INVENTORY

Move beyond the first-pass scan by organizing your three highest-priority medical concerns, treatment history, functional effects, and the most obvious documentation gaps.

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NEW CLAIMANT MEDICAL STARTER INVENTORY

Educational notice: The Veteran's Bearing™ is independent and not affiliated with VA. This quick scan provides general education and organization tools—not medical advice, diagnosis, legal advice, accredited representation, or a guaranteed outcome. Do not delay professional care. Record information truthfully and discuss unresolved health concerns with an appropriate healthcare professional.