

## WHAT IS A DBQ?

A DBQ is a downloadable questionnaire---a form that veterans can use as part of the disability evaluation process. [https://www.benefits.va.gov/compensation/dbq\\_disabilityexams.asp](https://www.benefits.va.gov/compensation/dbq_disabilityexams.asp)

### PROS

- Greater control -- A DBQ allows you to have greater control of your claim. You can see your own physician and you don't have to only count on a doctor whose relationship is with the VA.
- Doctor relationship—After years of seeing your personal physician, you're likely to have a trusting relationship with him\her. They know you and are likely to provide an honest, accurate picture of how your disability is creating limitations in your daily life.
- Increased speed—Your doctor is likely to submit the report to the VA more quickly than having a VA appointed medical review and may speed up the claims process. You may also use the DBQ in the claim process thru a VSO. (veteran service organization/officer)

### CONS

- Not available for every condition—Especially for mental conditions such as PTSD--DBQs aren't available for all conditions.
- No way for doctors to bill insurance—Your personal doctor more than likely won't be able to bill an insurance company for a DBQ. Consequently, they may not agree to complete one unless you pay up front.
- Not all DBQ's match the rating criteria—If your doctor uses a DBQ, be sure they compare your limitations to the rating criteria for your illness or condition. Not all DBQs are a perfect match to the rating criteria (See the appropriate section under –Subpart B-- DISABILITY RATINGS )
- No proof of speed—While many veterans report satisfaction in the time to process their claims, there is no definitive evidence that using a DBQ will always accelerate the process.