



How-To Guide

Obtaining a Copy of Your
Disability Breakdown

The image features a partial view of the American flag on the left side, showing the stars and stripes. The rest of the page has a white background with black text.

How to Get a Snapshot of Your Disability Breakdown from eBenefits.va.gov

For instructions on how to get a snapshot from VA.gov, please proceed to page 7.

These sites will require a sign in through a DS Logon, CAC card, My HealthVet or in some cases an ID.me account. If you do not have one of these accounts, please [CLICK HERE](#) to create one.

Step 1

Sign in to your eBenefits account at:

<https://www.ebenefits.va.gov/ebenefits/homepage>

by clicking “Log In” in the top right hand corner.

*DS Logon in the most common form of logging in.

eBenefits
My Gateway to Benefit Information

A Service of the Department of Veterans Affairs and the Department of Defense

Log in Register

Apply Manage Learn National Resource Directory Employment Center Contact Search

Regional Offices will be closed to the public starting March 19, 2020, visit our website at www.va.gov or call 800 827-1000 if you have specific questions or concerns.

For feature and outage events, refer to the Outage Calendar link at the bottom of the page.

To ensure your security and privacy, when using a shared or public computer, make sure you always log out of VA/DoD eBenefits and then close all browser windows when finished accessing the site.

What do you want to do?

Need help? Appoint a claims agent, attorney, or Veteran Service Organization (VSO) to assist you.

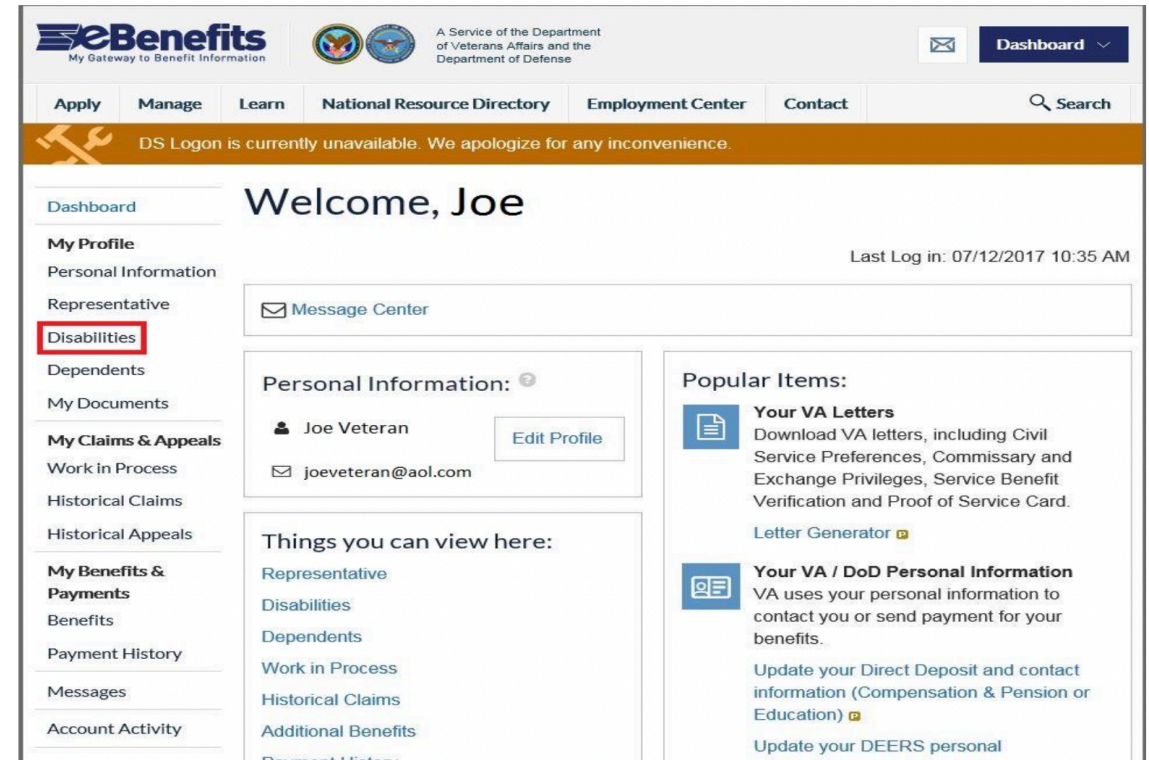
Apply	Manage Benefits	Manage Health
Disability Compensation	Compensation Claim Status	Share Your VA Medical Records
Add or Remove Dependent	Personal Contact and Direct Deposit	VA Prescription Refills
VA Health Care	Military Personnel File	VA Appointments

Step 2

In the upper right hand corner, of the screen please press Dashboard.

Step 3

On the left hand side of the screen, please press Disabilities.



The screenshot shows the eBenefits website interface. At the top left is the eBenefits logo with the tagline "My Gateway to Benefit Information". To the right are the Department of Veterans Affairs and Department of Defense logos, and the text "A Service of the Department of Veterans Affairs and the Department of Defense". In the top right corner, there is a "Dashboard" button with a dropdown arrow. Below the header is a navigation bar with links for "Apply", "Manage", "Learn", "National Resource Directory", "Employment Center", and "Contact", along with a search icon. A message banner states "DS Logon is currently unavailable. We apologize for any inconvenience." The main content area is titled "Welcome, Joe" and shows the user's last logon time as "07/12/2017 10:35 AM". On the left side, there is a navigation menu with categories: "My Profile" (containing Personal Information, Representative, Disabilities, Dependents, My Documents), "My Claims & Appeals" (containing Work in Process, Historical Claims, Historical Appeals), and "My Benefits & Payments" (containing Benefits, Payment History, Messages, Account Activity). The "Disabilities" link in the "My Profile" section is highlighted with a red box. The main content area includes a "Message Center" section, a "Personal Information" section showing "Joe Veteran" with an "Edit Profile" button and the email "joeveteran@aol.com", and a "Things you can view here:" section with links for Representative, Disabilities, Dependents, Work in Process, Historical Claims, and Additional Benefits. On the right side, there is a "Popular Items:" section with two items: "Your VA Letters" (with a download icon) and "Your VA / DoD Personal Information" (with a document icon).

Step 4

You will now see a breakdown of your current disabilities.

Please send us screenshot/photo of this breakdown.

****Please ensure your screenshot/photo includes the bubble showing your total disability at the top as well as the pending disabilities section at the bottom.**

****Please see the next slide for detailed instructions on how to screen shot**

If you need to send/upload multiple screen shots, that is OK.

Disabilities

Total Combined Disability
You have a 70% final degree of disability. This percentage determines the amount of benefit pay you will receive.
[How is this calculated](#)

Add Disabilities
Submit a claim to make any updates to the disabilities that you believe are related to your military service.
[Apply Now.](#)

Rated Disabilities

Disability	Rating	Decision	Related To	Effective Date
right foot hallux valgus	0%	Service Connected		05/02/2015
left shoulder bankhart lesion status post repair	0%	Service Connected		05/02/2015
↳ scars in left shoulder	0%	Service Connected		05/02/2015
tinnitus		Not Service Connected		
seborrheic dermatitis of the face (claimed as skin condition)	0%	Service Connected		05/02/2015
↳ scars in face		Not Service Connected		
bilateral hearing loss.		Not Service Connected		
urinary condition		Not Service Connected		
post-traumatic stress disorder	70%	Service Connected		05/04/2020

Pending Disabilities

You have no Pending Disabilities to display at this time.

A vertical American flag is positioned on the left side of the page, partially obscured by a light blue gradient that fades into the background.

How To Screenshot Your Disabilities

PC/WINDOWS: Click Start or the Windows button and type "Snipping Tool" and click "New". Then, drag your cursor over ALL of your disabilities, make your screenshot look as much like the image above as possible, Then click the floppy disk icon to save your capture. If you cannot capture all of your disabilities with one screenshot, you can repeat the step to capture the rest.

Apple/MAC: Hold down Command, Shift, and 4. You will see crosshairs as your pointer, Then, drag your pointer over ALL of your disabilities, make your screenshot look as much like the image above as possible. If you cannot capture all of your disabilities with one screenshot, you can repeat the step to capture the rest. Your screenshot will appear on your dashboard

iPhone: Hold down the Power button and the home button at the same time, If you cannot capture all of your disabilities with one screenshot, you can repeat the step to capture the rest.

Android: This may vary depending on your phone age, but most up to date and later androids will screenshot if you hold the Power button and the Volume Down button. If you cannot capture all of your disabilities with one screenshot, you can repeat the step to capture the rest.

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How to Get a Snapshot of Your Disability Breakdown from VA.gov

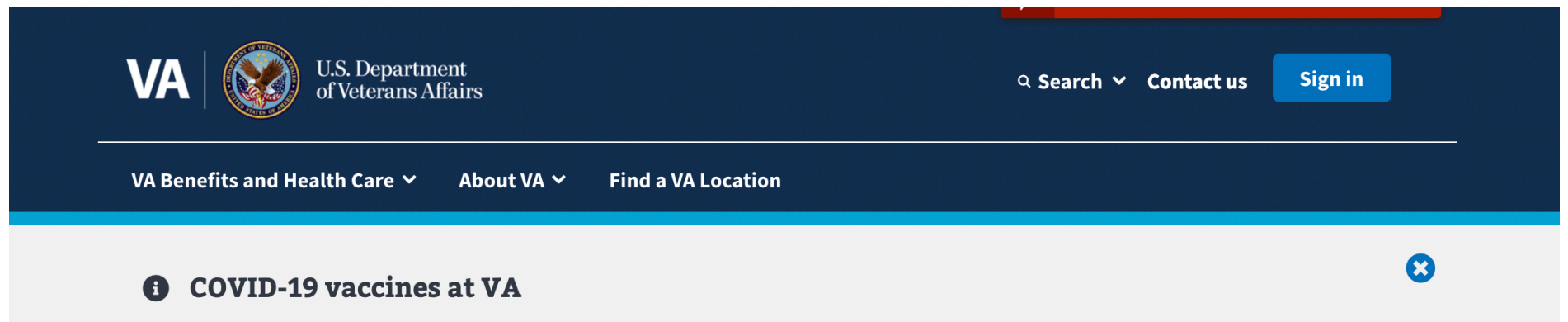
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Step 1

Please click the following link below to get started with viewing your disability breakdown through VA.gov

<https://www.va.gov/disability/view-disability-rating/>

Once you click this link, you will need to sign in in the top right hand corner if you are not already signed in.



The image shows a portion of the American flag on the left side, with the stars and stripes visible. The rest of the page is white.

Step 2

Once you are logged in successfully, please click **View your disability rating**.

Manage your Veterans disability benefits

[Check your VA claim or appeal status >](#)

Track the status of your disability claim or appeal.

[View your disability rating >](#)

View your VA disability ratings and which of your ratings are service-connected.

A vertical American flag is visible on the left side of the slide, showing the stars and stripes. The text is centered on a white background.

Step 3

You will then see your overall rating listed.

All of the service connected and non-service connected disabilities will be listed below your overall rating.

Please send us screenshot/photo of your disability breakdown.

****Please ensure your screenshot/photo includes your total disability at the top as well as the listed disabilities below.**

****Please see the next slide for detailed instructions on how to screen shot
If you need to send/upload multiple screen shots, that is OK.**

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A close-up, slightly blurred image of the American flag, showing the stars and stripes, positioned on the left side of the page.

Your Disability Snapshot

Please send your breakdown to who requested it from you
through email or text.