



C&P Exam Prep Checklist

The compensation and pension exam is a snapshot of your worst days, not your average day. Walk in ready. Describe the bad days honestly, be specific, and never tough it out.

BEFORE YOUR EXAM

- ☐ Re-read your claimed conditions so you know exactly what is being examined
- ☐ Write down your worst days, not a normal or good day
- ☐ List each symptom and how it limits your work, sleep, and daily life
- ☐ Note how often symptoms flare and how long each flare lasts
- ☐ Bring a short symptom journal or written notes
- ☐ Know your treatment history and current medications
- ☐ Plan to arrive early, and do not mask how you really feel

DURING YOUR EXAM

- ☐ Describe your WORST days, not how you happen to feel today
- ☐ Be specific: frequency, severity, and duration of symptoms
- ☐ Mention flare-ups even if you feel okay in the room
- ☐ Do not exaggerate, but do not minimize or tough it out
- ☐ Explain the functional impact on work, relationships, and sleep
- ☐ Ask which condition is being examined if it is not clear

AFTER YOUR EXAM

- ☐ Write down the date, the examiner, and what you were asked
- ☐ Note anything important that was NOT asked or discussed
- ☐ Request a copy of the exam report (the DBQ) to review it
- ☐ If something was missed, tell your VSO right away

Full guide: bootstobenefits.com/guides/how-to-prepare-for-cp-exam

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