



# Disability Compensation

## Military Life Cycle (MLC)

### Online Reference Guide

The Transition Assistance Program (TAP) provides training, information and services to help Service members and their families transition to civilian life. The Military Life Cycle (MLC) modules help Service members, Veterans and their families take full advantage of VA benefits and services. The purpose of the VA Disability Compensation module is to introduce the VA disability compensation (pay) benefit that may be available to eligible Veterans who are disabled as the result of a physical or mental illness or injury incurred or aggravated in the line of duty. This Online Reference Guide provides you with the web links to important resources related to the course.

### TAP Online Courses

The TAPevents.mil/courses website offers just-in-time web-based training for MLC modules. This website allows you to access all the MLC modules to learn more about VA benefits and services.

To access these courses, navigate to [TAP Online Courses page](#) and select Military Life Cycle (MLC) from the drop-down menu on the far-right, titled TAP Curriculum.



**External Link Disclaimer:** *This document contains links that will take you outside of the Department of Veterans Affairs website. VA does not endorse and is not responsible for the content of the linked websites.*

## Key VA Resources

The VA.gov website offers current resources, tools and contact information for all VA benefits and services that may be available to Service members, Veterans, their families, caregivers and survivors.

[VA home page](#)

[COVID-19 Information](#)

- [Frequently Asked Questions \(FAQs\)](#)

VA benefits hotline: 1-800-827-1000

- Hearing impaired: 1-800-829-4833
- Technical Issues: 1-800-983-0937

[VA Regional Offices](#)

- [VA Office Locations](#)

## VA Disability Compensation

- [Video, “Paul applied for VA disability compensation before he left the military.”](#)
- [Video, “For Greg, VA disability compensation makes life easier.”](#)
- [Video, “With VA disability compensation Maranda can focus on healing and advancing her career.”](#)
- [Video, “VA has understood that I needed things that I didn’t even realize I needed.”](#)
- [VA disability compensation](#)
- [Eligibility for VA disability benefits](#)
  - [How to apply for a discharge upgrade](#)
  - [About VA DIC for spouses, dependents and parents](#)

## Service Connection

- [Video: “Compensation 101: What is Service Connection?”](#)
- [Veterans Service Organizations \(VSOs\)](#)

## Disability Ratings and Compensation Rates

- [Video: “Compensation 101: How did I get this rating?”](#)
- [About VA disability ratings](#)
- [Veterans disability compensation rates](#)

## How to Apply

- [How to file a VA disability claim](#)
  - [Benefits Delivery at Discharge \(BDD\) Claims \(from 90 to 180 days until separation\)](#)

- [Filing overseas](#)
  - [Fully Developed Claims \(FDC\) \(from 89 days to 1 day until separation\)](#)
  - [Standard Claims \(claims not eligible for the BDD or FDC programs\)](#)
- [Claim effective dates](#)

## Disability Process Claims Self-Service Tool VA.gov

- [Videos: “The New 526 Disability Form on VA.gov”](#)
  - [“Getting Started: Section 1 of the Digital 526 Disability Compensation Tool at VA.gov”](#)
  - [“Add Contentions: Section 2 of the Digital 526 Disability”](#)
  - [“Add Evidence: Section 3 of the Digital 526 Disability Compensation Tool”](#)
  - [“Getting Started: Sections 4 and 5 of the Digital 526 Disability Compensation Tool”](#)

## Disability Compensation and Other Payments

- [DOD Wounded, Ill, and/or Injured Compensation and Benefits Handbook](#)
- [Concurrent Retirement and Disability Pay \(CRDP\)](#)
- [Combat Related Special Compensation \(CRSC\)](#)
- [Combat-Related Special Compensation \(CRSC\) and Concurrent Retirement Disability Pay \(CRDP\)](#)

## Additional Resources

- [Getting started with State Veteran Benefits and Services? guide](#)
- [VA Welcome Kit](#)
  - [Long-term care](#)
  - [VA automobile allowance and adaptive equipment](#)
  - [VA clothing allowance](#)
  - [Fiduciary program](#)
  - [VA health care](#)
  - [Housing grants](#)
  - [VA life insurance](#)
  - [Veteran Readiness and Employment \(VR&E\)](#)