



# SEPARATION HEALTH ASSESSMENT (SHA) SERVICEMEMBER FACT SHEET

## OVERVIEW

**Background:** The Separation Health Assessment (SHA) was developed to provide a single separation examination which supports the VA disability compensation program and the mandatory Department of Defense (DoD) separation history and physical examination. The SHA captures your current health information in a way that is easily accessible by both the DoD and VA.

## SHA BENEFITS

The SHA provides a comprehensive medical evaluation at separation. Any current or past medical concerns identified during your military career, along with your current health status and medical history will be documented as part of your complete health history at the end of active service. It is possible that the SHA may find a medical condition that occurred during service that had not been discovered. SHAs can be used by DoD to recognize and prevent illnesses and injuries caused by military service from occupational exposures and physical hazards in military workplaces, and if possible eliminate these exposures and hazards.

For VA, SHAs allow for a more efficient way to identify service-connected conditions, which were caused or aggravated by military service. SHA's support claims for current or future Veteran disability benefits. Information gathered from SHAs can be used to more accurately predict health care services required for those who will continue to use DoD or seek VA health care services. When documented exposures are identified that could cause health problems, information from SHAs can be used to focus outreach to veterans who may be affected.

## SHA RESPONSIBILITIES

If you file a claim for VA disability compensation and have at least 90 days remaining on active duty, VA will complete your SHA. If you are not filing a VA disability claim or when the SHA cannot be requested by VA at least 90 days prior to your discharge from military service, then DoD will complete your SHA. You need to complete and sign the DD Form 2807-1, "Report of Medical History" before your SHA examination. The examiner will complete the examiner's section of the Form.

Disabilities determined by VA to be related to your military service can lead to monthly non-taxable compensation, enrollment in the VA health care system, a 10-point hiring preference for federal employment and other important benefits. Ask your VA representative or Veterans Service Organization representative about Disability Compensation, Pension, Health Care, Caregiver Program, Career Services, Educational Assistance, Home Loan Guaranty, Insurance and/or Dependents and Survivors' Benefits.



U.S. Department  
of Veterans Affairs



## FAQ'S

**Question:** I'm not filing a VA disability claim, why do I have to get a SHA examination?

**Answer:** The SHA can uncover medical conditions that occurred during your military service which you may be unaware of. If you choose to file a VA disability claim at a later date, the information contained in the SHA may be essential in establishing that a disability was caused by your military service. SHAs provide information to identify and prevent illnesses and injuries caused by military service and possibly eliminate the causes of those illnesses and injuries. SHA information can also be used to more accurately predict health care services required for veterans.

**Question:** What does an SHA include?

**Answer:** The SHA will include:

- **Subjective Assessment of Health:** You will complete the DD Form 2807-1, "Report of Medical History," prior to your scheduled SHA. The DoD or VA-licensed examiner performing the SHA will complete the examiner's section.
- **Objective Assessment of Health:** The health care provider will review your complete medical history including the DD 2807-1, your current health status, and determine if there is a need for treatment or further evaluations for medical concerns. You will meet with a licensed health care provider to address any medical concerns and the positive responses from the DD Form 2807-1 indicating you have that particular medical concern.

**Question:** Can I submit a VA disability claim while still on active duty?

**Answer:** Yes, you can file a VA claim while still on active duty. You do not need to wait until after you separate or retire to submit your VA claim. You can file a VA disability claim anytime from one- up to 180 days before you separate or retire. VA representatives are available at multiple military installations to assist and accept VA disability claims in the Pre-Discharge programs. The locations of the military installations with a VA representatives can be found in the [VA Facility Locator](#), which also includes all VA facility locations.

**Question:** How do I file a VA disability claim?

**Answer:** Submit a VA Form 21-526EZ through [eBenefits via VONAPP Direct Connect](#). You can also file a VA claim in person with a Veteran Service Organization (VSO) or a VA Representative at your local military installation. Submit a copy of your service treatment records from your most recent period of military service and any copies of private treatment records not associated with TRICARE referrals. For further information regarding the Pre-Discharge programs, please refer to the [Benefits Delivery at Discharge \(BDD\) Fact Sheet](#).

**Question:** What happens after I file my VA disability claim and what should I expect?

**Answer:** VA will review your application and schedule your SHA. You should expect a letter showing your appointment time and location for your SHA. Once VA has received all the necessary evidence and the SHA results, VA will review all evidence received and make a decision. VA will send you a decision letter on your claimed conditions.

For more information, call toll-Free 1-800-827-1000 or Visit Our Web Site at [www.va.gov](http://www.va.gov).