The Comp & Pen Exam is your opportunity to present all the reasons you believe your condition is related to service to the physician.

If your condition is not already service-connected, be sure to talk to the examiner about what happened in service that could have led to your current condition. The examiner will review your file, including your statements, service records, and treatment records, and provide a medical opinion as to whether your condition was caused or aggravated by your military service.

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The examiner will be observing your movements and behavior and may perform a limited physical exam to evaluate your condition.

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**After your Comp & Pen Exam, make sure you complete the Comp & Pen Exit Survey based on your experience**

**Things to Remember For Your Exam**

**Talk About Your Service**

Talk about what happened in service that you believe caused or aggravated your condition. Try to be as specific as possible. If you are not comfortable discussing the details of an in-service event, you may point to statements you submitted to the VA previously for the examiner to reference. If you can, provide the examiner with a copy of these statements on the day of the exam.

**Trace Your Symptoms**

Discuss what symptoms you experienced immediately following your injury in service and how these symptoms have worsened over time.

Your statement will help trace the start of your symptoms back to what happened during service.

**Be Honest.**

Be honest when describing the frequency and severity of your symptoms and how they impact your day-to-day life to the examiner; do not downplay the severity of your symptoms.

Keep in mind that the examiner will be closely monitoring your movements and behavior, including your body language and the tone of your voice.

**Pain**

While the exam is not meant to be painful, you may experience slight discomfort depending on the required testing.

When testing your range of motion, be sure to tell the examiner AS SOON AS you begin to experience pain, as this contributes to your overall functional loss and should be considered in your rating.

**Ask for Clarification**

Do not answer a question you do not understand. Ask for clarification if necessary. Do not talk to fill the space or time. Keep your conversation with the examiner limited to what happened in service, the frequency and severity of symptoms related to your condition, and how they impact your day-to-day life.

**Medications**

If you are prescribed any medication(s) for your condition, be sure to tell the examiner the name and dosage of each medication and how often you take each. This is extremely important, because medication may mask some of your symptoms, or the use of medication(s) may be used to evaluate the severity of your condition and how much it impacts your ability to work.