

## Vets Views 21 Sep 07

Ever wondered about VA travel pay? Why some folks get it and others do not? Keep reading, and remember--there will be a test!

Certain veterans **may** be reimbursed for travel costs to receive VA medical care. Reimbursement is paid at \$.11 per mile -- or \$.17 per mile if called for a repeat Compensation & Pension (C&P exam is when you go to VA docs after you've made a claim for a service-connected disability) exam -- and is subject to a deductible of \$3 for each one-way trip and an \$18-per-month maximum payment. Two exceptions to the deductible are travel for C&P exams and special modes of transportation, such as an ambulance or a specially equipped van.

Here are the rules, so read carefully.

Payments may be made to the following:

1. Veterans whose service-connected disabilities are rated 30% or more.
2. Veterans traveling for treatment of a service connected condition.
3. Veterans who receive a VA pension.
4. Veterans traveling for scheduled compensation or pension (C&P) examinations.
5. Veterans whose gross household income does not exceed the maximum annual VA pension rate.
6. Veterans whose medical condition requires a special mode of transportation, if they are unable to defray the costs and travel is pre-authorized. Advance authorization is not required in an emergency if a delay would be hazardous to life or health.

I assume you've all heard about PTSD. Individuals with Post Traumatic Stress Disorder (PTSD) can suffer from anxiety, sleeplessness, nightmares, agitation, and concentration problems (and a whole lot more) as a result of intense and recurring emotions. Sometimes it is almost as if the "incidents(s)" could happen immediately, all over again. Most who suffer from PTSD prefer not to interact with people, places, or things which would likely make them recall the incident. We have many comrades among us who are hurting and we will never know it, they appear pretty normal; but inside there can be a cauldron of emotions.

If you're a PTSD veteran, or the family member of one, there's a

forum available in Grand Forks where you can learn more about this condition. It is a PTSD Support Group, and it's open to Active Duty, Guard/Reserve, Veterans, Retirees, military spouses and dependents.

2007 Sessions: 9 Oct, 6 p.m.  
13 Nov, 6 p.m.  
11 Dec, 6 p.m.

Location: 151 South 4th Street, 6th floor of the county office bldg, Grand Forks, ND. Facilitator: Dr. Earl Beal, PhD.  
For information: Contact the Grand Forks AFB Airman & Family Readiness Center at (701) 747-3241.

Here's a couple of tips: 1. I'm closed on Mondays. 2. If you need to talk to me and I don't answer the phone, please leave a message!

Over and Out!







