



VA Medical Exam Coaching

How We Prepare You for Your C&P Exam

At Bravo Zulu, we don't just file your paperwork and hope for the best. We coach you before your VA medical appointments so you know exactly what to expect and how to communicate your conditions effectively. This preparation often makes the difference between a low rating and the rating you actually deserve.

What Is a C&P Exam?

A Compensation & Pension (C&P) exam is a medical evaluation conducted by the VA or a third-party contractor. The examiner assesses your claimed conditions and writes a report that directly impacts your disability rating.

This exam is crucial. What you say and how you describe your symptoms can be the difference between 30% and 70%—or between approval and denial.

How Our Coaching Works:

Step 1: The VA Schedules Your Exam

The VA will contact you to schedule medical appointments with third-party contractors for your C&P exam. As soon as you receive this notice, contact us immediately.

Step 2: Schedule Your Coaching Session

Email services@bzcounseling.com to set up coaching with one of our trained coaches.

We require at least 5 days' notice to schedule your session.





Step 3: Your Coaching Session

During your coaching session, we'll cover:

What the Examiner Will Do

We'll walk you through the entire exam process so there are no surprises. You'll know what questions they'll ask, what tests they'll perform, and how long it will take.

How to Describe Your Conditions

We'll teach you how to accurately communicate your symptoms and limitations. This includes:

- Describing your worst days, not your best days
- Giving specific examples instead of vague descriptions
- Mentioning ALL symptoms, even ones that seem minor
- Explaining how your conditions affect your daily life

What to Bring and What to Expect

We'll make sure you're prepared with the right documents and know exactly what will happen from the moment you walk in until you leave.

Common Mistakes and How to Avoid Them

We'll go over the pitfalls that cause veterans to get lower ratings than they deserve—and make sure you don't fall into those traps.

Practice and Q&A

We'll practice responses to common examiner questions and answer any concerns you have about the process.

Why Coaching Matters:

Most VA claims services just submit paperwork and send you on your way. We prepare you because **the C&P exam is where claims are won or lost.**





Veterans who go into these exams unprepared often:

- Downplay their symptoms (trying to be tough)
- Only describe their good days (trying not to complain)
- Forget to mention important symptoms (nervous or unprepared)
- Give vague answers that don't show the full impact

Our coaching ensures you communicate your reality clearly and completely—so you get the rating you've earned.

What Our Clients Say:

"The coaching session before my exam was crucial. I knew exactly what to expect and how to describe my conditions. I got a much higher rating than I thought I would."

"Maggie prepared me so well for my C&P exam. I wasn't nervous because I knew what was coming and what to say."

Ready to Work With Us?

If you're facing a VA disability claim, don't go to your C&P exam unprepared. Let us coach you through it.

Bravo Zulu Coaching & Counseling Services

✉ Email: services@bzcounseling.com (for coaching scheduling/general inquiries)

☎ Phone: 210-570-1025

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Visit us: bravozulucoachingandcounseling.com

You fought for us. Now we fight for you.

