



Requesting State Benefit Information [\(Hide This\)](#)

▼ HIDE

The following form enables you to request benefits information from VA State Offices of your choice. You can also notify them of any changes to your contact information.

Requesting State Benefit Information

The following form enables you to change the email address in your user profile, select state offices from which you want to receive benefits information, and specify the type of information that you would like to receive.

Tips for using this form:

Required: Under *Name*, enter your first and last name.

Required: Under *Contact Information*, include at least one form of contact (email, telephone, or street address).

Under *State Benefits*, check the boxes for all states from which you want to receive benefits information. You can select as many as you want.

Under *Type of Information*, check the box for each category of information you would like to receive. If you don't see exactly what you're looking for, enter your request in the Other box.

To receive a copy of your request by email, check the box labeled Email me a copy of this request. The box appears on the right of the Email Address field.

After completing the form, click the Submit button to send your request.

Note: If you use this form to change or add an email address, those changes are saved to your user profile. Changes to your phone number, mailing address, or date of birth are *not* saved. Also note that information updated here does not update information in VA or DoD databases.

Name (required)

Name

Contact Information (Phone Number, Email Address, or Mailing Address is required)

Phone Number

Email Address

Email me a copy of this request

Mailing Address

Mailing Address Line 2

City

State

 ▾

Zip Code

 -

Personal Information (optional)

Actual/Expected Separation Date

Month ▾ Year ▾

Date of Birth

Day ▾ Month ▾ Year ▾

State Benefits (required)

Which state(s) would like to receive information from?

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Alabama | <input type="checkbox"/> Idaho | <input type="checkbox"/> Montana | <input type="checkbox"/> Puerto Rico |
| <input type="checkbox"/> Alaska | <input type="checkbox"/> Illinois | <input type="checkbox"/> Nebraska | <input type="checkbox"/> Rhode Island |
| <input type="checkbox"/> American Samoa | <input type="checkbox"/> Indiana | <input type="checkbox"/> Nevada | <input type="checkbox"/> South Carolina |
| <input type="checkbox"/> Arizona | <input type="checkbox"/> Iowa | <input type="checkbox"/> New Hampshire | <input type="checkbox"/> South Dakota |
| <input type="checkbox"/> Arkansas | <input type="checkbox"/> Kansas | <input type="checkbox"/> New Jersey | <input type="checkbox"/> Tennessee |
| <input type="checkbox"/> California | <input type="checkbox"/> Kentucky | <input type="checkbox"/> New Mexico | <input type="checkbox"/> Texas |
| <input type="checkbox"/> Colorado | <input type="checkbox"/> Louisiana | <input type="checkbox"/> New York | <input type="checkbox"/> Utah |
| <input type="checkbox"/> Connecticut | <input type="checkbox"/> Maine | <input type="checkbox"/> North Carolina | <input type="checkbox"/> Vermont |
| <input type="checkbox"/> Delaware | <input type="checkbox"/> Maryland | <input type="checkbox"/> North Dakota | <input type="checkbox"/> Virgin Islands |
| <input type="checkbox"/> District of Columbia | <input type="checkbox"/> Massachusetts | <input type="checkbox"/> | <input type="checkbox"/> Virginia |
| <input type="checkbox"/> Florida | <input type="checkbox"/> Michigan | Northern Marianas Islands | <input type="checkbox"/> Washington |
| <input type="checkbox"/> Georgia | <input type="checkbox"/> Minnesota | <input type="checkbox"/> Ohio | <input type="checkbox"/> West Virginia |
| <input type="checkbox"/> Guam | <input type="checkbox"/> Mississippi | <input type="checkbox"/> Oklahoma | <input type="checkbox"/> Wisconsin |
| <input type="checkbox"/> Hawaii | <input type="checkbox"/> Missouri | <input type="checkbox"/> Oregon | <input type="checkbox"/> Wyoming |
| | | <input type="checkbox"/> Pennsylvania | |

Type of information (optional)

What type of information would you like to receive?

- Assistance Provided
 Education
 General Information
 Housing
 Tax Regulations

Other:

Submit

eBenefits Links

- [eBenefits Home](#)
- [About eBenefits](#)
- [Policies](#)
- [Sources](#)
- [Contact Us](#)

Veterans Affairs Links

- [VA Home](#)
- [VA Web Policies & Important Links](#)
- [VA Forms](#)
- [VA Facility Locator](#)
- [Contact the VA](#)
- [About VA](#)
- [FAQs](#)
- [VA Privacy Policy](#)
- [VA Site Map](#)
- [Inspector General](#)
- [Directives](#)
- [Regulations & Guidance Documents](#)
- [VA Freedom of Information Act](#)
- [Small Business Contacts](#)
- [NO Fear Act Data](#)

More Related Links

- [DoD Privacy Act Statement](#)
- [Forms.gov](#)
- [DoD Forms](#)
- [White House](#)
- [USA.gov](#)
- [Regulations.gov](#)
- [GovBenefits.gov](#)
- [Expect More](#)
- [Serve.gov](#)
- [DefenseLINK](#)
- [DoD Freedom of Information Act \(FOIA\)](#)