



VETERANS CLAIMS EDUCATION · FREE GUIDE

Camp Lejeune Claim Kit

Any branch · 30 days total, 1953–1987 · The 8 presumptive conditions · No-copay health care for 15 conditions · Family members · Conditions that aren't presumptive · Examples · 5 printable worksheets

Before you start: we are a free education resource. We are not VA, a VSO, an attorney or an accredited claims agent, and we don't assist with or file claims. Only VA decides. Examples are made up to show how the rules work. Describe your own experience truthfully; false statements to VA can have serious consequences.

The key idea: 30 days, any branch, any time

If you were at Camp Lejeune or MCAS New River for at least 30 days total between Aug. 1, 1953, and Dec. 31, 1987, and have one of the 8 conditions, VA presumes the link, no matter when it appears. There's no deadline to file with VA.

WHAT'S INSIDE

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2. The 8 presumptive conditions
3. Health care for 15 conditions
4. Family members
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8. Examples and checklist

Worksheets: 1 My days at Camp Lejeune · 2 My statement · 3 Doctor's opinion request (not one of the 8) · 4 Family member application checklist · 5 Next steps tracker · Also inside: Official sources

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SECTION 1

Who qualifies

- ☐ Where: Camp Lejeune or MCAS New River, North Carolina
- ☐ When: Aug. 1, 1953 – Dec. 31, 1987
- ☐ How long: 30 days total; days don't have to be in a row
- ☐ Who: any branch; Reserve and Guard members there on orders
- ☐ Discharge: not dishonorable

EXAMPLE

Training that adds up

Rob did two 2-week annual trainings and a 5-day school at Camp Lejeune.

That's 33 days. His orders for each period meet the requirement. Use Worksheet 1 to add up your days.

2 · THE 8 PRESUMPTIVE CONDITIONS

Adult leukemia
Aplastic anemia and other
myelodysplastic syndromes
Bladder cancer

Kidney cancer
Liver cancer
Multiple myeloma

Non-Hodgkin's lymphoma
Parkinson's disease

No medical opinion needed for the link, and no time limit for when the condition appears.

Official sources: [38 CFR § 3.307\(a\)\(7\)](#) · [§ 3.309\(f\)](#) · [VA: Camp Lejeune](#)

3 · VA HEALTH CARE FOR 15 CONDITIONS (NO COPAY)

Bladder cancer · breast cancer · esophageal cancer · female infertility · hepatic steatosis · kidney cancer · leukemia · lung cancer · miscarriage · multiple myeloma · myelodysplastic syndromes · neurobehavioral effects · non-Hodgkin's lymphoma · renal toxicity · scleroderma

Health care list ≠ disability list. Breast, lung and esophageal cancer and others on this list aren't among the 8, but can be claimed for disability directly (Section 6).

SECTION 4

Family members

Spouses and children who lived there 30+ days during the same dates (including in the womb) may get VA to pay or reimburse care for the 15 conditions after other insurance pays.

1. Apply on VA Form 10-10068.
2. Prove the relationship, 30+ days of residence, and the diagnosis.
3. For each claim, include VA Form 10-10068a; the physician report (10-10068b) is optional but helps.
4. Send bills with any insurance Explanation of Benefits.

EXAMPLE

Born on base

Sarah was born at Camp Lejeune in 1975, lived there 2 years, and now has breast cancer.

She applies with her birth certificate, her father's housing orders and medical records (Worksheet 4).

5 · HOW TO PROVE IT

1. File an Intent to File ([VA Form 21-0966](#)).
2. Get your personnel record from the [National Archives](#) if needed.
3. Add up your days with proof for each period (Worksheet 1).
4. Get your diagnosis in writing.
5. Write a short statement (Worksheet 2).
6. File [VA Form 21-526EZ](#), naming the condition and "Camp Lejeune contaminated water."

Need help writing it? Use our free Statement Writer at veteransclaimsedu.com/statement-writer to draft your statement or a buddy statement, then copy it onto the VA form.

How to write it: *"Bladder cancer, presumptive due to contaminated water at Camp Lejeune (stationed 1974–1976)."*

Official sources: [VA Form 21-0966](#) · [VA Form 21-526EZ](#) · [VA Form 21-4138](#) · [National Archives](#)

Not one of the 8

You can still win with a direct claim: proof you were there, a diagnosis, and a medical opinion linking it to the chemicals in the water (TCE, PCE, benzene, vinyl chloride). ATSDR research can support your doctor (Worksheet 3).

DIRECT

Male breast cancer

Ray served there 3 years in the 1980s and has breast cancer.

He files directly with an oncologist's opinion citing ATSDR research, and gets no-copay VA care for it.

DIRECT

Lung cancer

Ann served there in 1983 and has lung cancer.

She files directly with a medical opinion, and checks whether later service fits the burn pit list.

Official sources: [CDC/ATSDR: Camp Lejeune](#) · [ATSDR: Evidence for causality, TCE and PCE](#) · [38 CFR § 3.303](#) · [§ 3.102](#)

7 · THE LAWSUIT VS. VA BENEFITS

The Camp Lejeune Justice Act of 2022 allowed lawsuits for harm from the water. The window to file new claims under that law closed in August 2024; cases already filed continue. VA disability and health care benefits are separate and still available. A court award may be reduced by related VA benefits you already received.

8 · EXAMPLES AND CHECKLIST

CORPSMAN

Kidney cancer

Dana was a Navy corpsman there for 8 months in 1981.

Kidney cancer is one of the 8; her orders prove 30+ days.

SURVIVOR

DIC for a widow

Linda's husband was stationed there in the 1960s and died of liver cancer. He never filed.

She files for DIC with his records and death certificate.

- ☐ 30+ days added up with proof (Worksheet 1)
- ☐ Diagnosis in writing
- ☐ Statement written (Worksheet 2 or the Statement Writer)
- ☐ Not one of the 8? Medical opinion (Worksheet 3)
- ☐ Enrolled in VA health care
- ☐ Family members applied (Worksheet 4)
- ☐ Filed an Intent to File and VA Form 21-526EZ
- ☐ Survivor? Filed for DIC

My days at Camp Lejeune

List every period at Camp Lejeune or MCAS New River between Aug. 1, 1953, and Dec. 31, 1987. Add them up to at least 30.

From	To	Days	Base / unit / school	Proof (orders, records)
6/2/1979	6/16/1979	15	Annual training, 4th Marines	Orders, pay record



TOTAL DAYS

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My statement

Copy onto VA Form 21-4138, or type it with our free Statement Writer at veteransclaimsedu.com/statement-writer.

I, _____, served in the _____ from _____ to _____.

I was at Camp Lejeune / MCAS New River from _____ to _____ with _____.

Other periods there (training, schools, duty): _____

While there I lived in _____ and drank and bathed with the base water.

I was diagnosed with _____ in _____ by _____.

It affects my daily life by _____

I request service connection due to Camp Lejeune contaminated water (38 CFR §§ 3.307(a)(7), 3.309(f)).

I certify that these statements are true and correct to the best of my knowledge.

Signature _____ Date _____



Doctor's opinion request (not one of the 8)

Give this to your doctor if your condition isn't one of the 8 presumptive conditions.

I was stationed at Camp Lejeune for [time] between [dates], when the drinking water was contaminated with TCE, PCE, benzene and vinyl chloride. I'm filing a VA claim for [condition]. VA asks whether it is "at least as likely as not" (50% or more) related to that exposure. Would you consider an opinion that:

- ☐ Notes my time at Camp Lejeune and my diagnosis
- ☐ Gives your opinion in "at least as likely as not" terms
- ☐ Explains your reasons, citing research such as ATSDR's summary of the evidence for TCE and PCE
- ☐ Addresses other possible causes

Notes from my appointment:



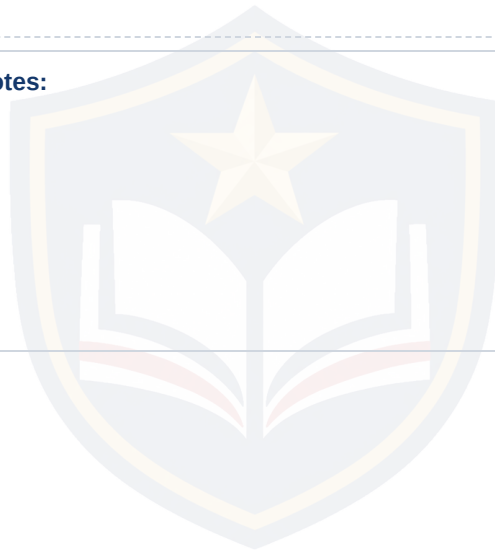
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Family member application checklist

For spouses and children applying to the Camp Lejeune Family Member Program.

- ☐ VA Form 10-10068 completed and signed
- ☐ Proof of relationship (marriage or birth certificate, adoption papers)
- ☐ Proof of 30+ days living there between Aug. 1953 and Dec. 1987 (housing orders, school records, utility bills, the veteran's orders)
- ☐ Medical records showing a diagnosis of one of the 15 conditions
- ☐ VA Form 10-10068a for each claim
- ☐ Optional: treating physician report (VA Form 10-10068b)
- ☐ Itemized bills, and any insurance Explanation of Benefits
- ☐ Copies of everything kept

Mailing date, tracking and follow-up notes:



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Step	Done?	Date	Notes
Intent to File			
Personnel record requested			
Days added up (Worksheet 1)			
Diagnosis letter			
Statement (Worksheet 2)			
Doctor's opinion, if needed			
VA Form 21-526EZ filed			
Enrolled in VA health care			
C&P exam			
Decision received			

Official sources

- Regulations and laws: [38 CFR § 3.307\(a\)\(7\)](#) · [§ 3.309\(f\)](#) · [§ 3.303](#) · [§ 3.102](#) · [38 U.S.C. § 1710](#) · [§ 1787](#)
- VA and CDC: [VA: Camp Lejeune](#) · [CDC/ATSDR: Camp Lejeune](#) · [ATSDR: Evidence for causality](#) · [VA: DIC](#)
- Forms: [VA Form 21-0966](#) · [VA Form 21-526EZ](#) · [VA Form 21-4138](#) · [VA Form 10-10068](#) · [VA Form 21P-534EZ](#) · [National Archives: Service records](#)
- Free tools and guides: [Statement Writer](#) · [Camp Lejeune](#) · [Presumptive Conditions](#) · [Not on the Presumptive List?](#)

Stressed or struggling? You don't have to wait for a crisis. Dial 988, then press 1 · Text 838255 · Free, confidential, 24/7.

Disclaimer: This guide provides general educational information about Camp Lejeune water contamination benefits. It is not legal or medical advice, does not guarantee any outcome, and is not affiliated with or endorsed by the U.S. Department of Veterans Affairs. Veterans Claims Education is a free education resource; we don't assist with, prepare or file claims and never charge fees. Free help is available from accredited VSOs. Forms and presumptive lists change; check VA.gov and our website for the current versions. Examples are made up to show how the rules work. VA decides each claim on its evidence. AI-assisted. © Veterans Claims Education. All rights reserved.

