

The AI Prompt Pack

Copy-paste prompts for organizing, drafting, and stress-testing your claim preparation

The three standing rules (non-negotiable):

- 1. Strip PII first.** Remove your name, SSN, file number, DOB, and addresses before pasting anything into an AI tool. Understand the tool's data policy.
- 2. Verify everything.** AI gets facts, regulations, and your own history wrong. Check every output against your actual records before using a word of it.
- 3. AI output is a drafting aid — never evidence.** Statements must be true and in your own voice. Medical opinions come from medical professionals only.

1. Condition Brainstorm (Module 0)

I am a veteran preparing to identify conditions for a VA disability claim. My service: [branch, years, job/MOS, deployments - no PII]. My duties involved: [carrying loads, jumping, noise exposure, etc.]. Current symptoms I experience: [list honestly]. Based only on what I have told you, help me organize a list of possible claimable conditions and the symptoms that map to each. Do not invent symptoms or suggest conditions I have not described. Flag where a current medical diagnosis would be needed.

2. Personal Statement Polish (Module 3)

Below is a draft personal statement for my VA claim. Improve clarity, organization, and specificity WITHOUT adding any facts, changing any facts, or strengthening any claims beyond what I wrote. Keep my voice. Keep it honest. Point out vague phrases where I should add specific frequency, severity, or functional impact - but leave the filling-in to me. Draft: [paste draft]

3. Medical Record Timeline (Module 3)

I am pasting de-identified excerpts from my medical records. Build a chronological timeline of: visits, symptoms reported, diagnoses stated, and treatments. Use ONLY what appears in the text - do not infer diagnoses or fill gaps. Then list: (a) conditions mentioned with no formal diagnosis, (b) gaps longer than a year, (c) entries that seem inconsistent with each other. Records: [paste]

4. Evidence Gap Check (Module 2)

For each condition below, I will list my evidence in three buckets: current diagnosis, connection to service, current severity. Identify which buckets look thin and what kinds of records or statements (not fabricated content) could fill each gap. Conditions and evidence: [paste from your Evidence Tracker]

5. C&P; Exam Practice (Module 4)

Act as a practice partner for a VA C&P; exam for [condition]. Ask me one question at a time that an examiner might ask about onset, frequency, severity, treatment, and how it affects work and daily life. After each answer, tell me where I was vague or where I minimized - accuracy and completeness are the goal, not performance. Never suggest exaggerating.

6. Decision Letter Decode (Module 8)

I am pasting the text of my VA decision letter (PII removed). Explain in plain language: (a) what was granted and denied and why, (b) what evidence the VA listed as reviewed, (c) any favorable findings, (d) what the letter says was missing. Do not give legal advice - just help me understand the document. Letter: [paste]

7. Claim Red Team (Module 10)

Act as a skeptical reviewer of my claim preparation. Here is my condition list, evidence summary, and statement drafts (de-identified). Identify: contradictions, vague claims, unsupported assertions, and missing connections a reviewer would notice. Be blunt. Do not suggest fixes that involve changing facts - only better documentation of true facts. Materials: [paste]

8. Buddy Letter Helper (for your witness)

My friend/spouse is writing a lay statement about what they personally observed of my condition. Below is their rough draft. Tighten the writing and structure WITHOUT adding observations they did not make. Keep first-person, specific, and factual. Draft: [paste]

9. Records Request Drafting (Module 11)

Draft a short, clear written request for my [service treatment records / VA medical records / personnel file] addressed to [NPRC / VA facility]. Include placeholders for my identifying details, service dates, and the records I am requesting. Formal but plain tone.

10. Study Buddy (any module)

I just finished a lesson about [topic]. Quiz me with 5 questions to check my understanding, one at a time, and correct my answers with short explanations. Stick to general VA-process education - no advice about my specific claim outcome.

Full instruction on safe AI use — including building your own reusable claim-prep assistant — is in Module 10 of the Academy.