



## **Migraines: VA Disability Rating Explained**

The U.S. Department of Veterans Affairs (VA) rates migraines based on their severity and frequency, affecting a veteran's ability to work and perform daily activities. The rating schedule is as follows:

- 1. 0% Rating:** If the veteran has less frequent migraines that are mild in nature and do not significantly interfere with their ability to work or perform daily activities.
- 2. 10% Rating:** For veterans experiencing migraines with characteristic prostrating attacks averaging once every two months over the last several months. Prostrating attacks mean the migraine is severe enough to require rest or lying down.
- 3. 30% Rating:** If the veteran suffers from migraines with characteristic prostrating attacks occurring on average once a month over the last several months.
- 4. 50% Rating:** For very frequent completely prostrating and prolonged attacks that are productive of severe economic inadaptability. This is the highest rating for migraines and reflects a significant impact on the veteran's ability to work and maintain economic stability.

These ratings are based on the veteran's medical records, symptom severity, and frequency as documented by healthcare providers. Veterans may need to provide detailed medical evidence and personal statements to support their claims for a higher rating.