**https://www.va.gov/decision-reviews/board-appeal/**

**Word count: 682**

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# Board Appeals

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## Can I request a Board Appeal?

You can request a Board Appeal after an initial claim, Supplemental Claim, or Higher-Level Review decision. You can’t request 2 Board Appeals in a row for the same claim.

You have one year from the date on your decision letter to request a Board Appeal, unless you have a contested claim.

[Learn more about contested claims](https://www.va.gov/decision-reviews/contested-claims) (in English)

## What are my Board Appeal options?

If you select a Board Appeal, you have 3 options. If you need help choosing a Board Appeal option, you can work with a representative to find the best option for you.

[Get help requesting a decision review](https://www.va.gov/decision-reviews/get-help-with-review-request) (in English)

### Option 1: Request a direct review

If you choose the direct review option, a Veterans Law Judge will review your appeal based on evidence you already submitted. You can’t submit new evidence, and you can’t have a hearing.

**Note:** The direct review option will take an average of 365 days (1 year) for the Board to complete.

### Option 2: Submit new evidence

If you choose the evidence submission option, you can submit new evidence for a Veterans Law Judge to review. You must submit this evidence within 90 days of the date we receive your request for a Board Appeal.

**Note:** The evidence submission option will take an average of 550 days (1.5 years) for the Board to complete.

### Option 3: Request a hearing

If you request a hearing with a Veterans Law Judge, you can choose to add new and relevant evidence. You can submit this evidence at the hearing or within 90 days after the hearing. Adding evidence is optional.

We’ll transcribe your hearing (write down the conversation you have with the judge) and add the transcript to your appeal file.

You can choose from 3 different ways to speak with the Veterans Law Judge:

* Virtual hearing from your home
* Videoconference hearing at a VA location near you
* In-person hearing at the Board in Washington, D.C. (you would have to pay any travel costs)

**Note:** The hearing option will take an average of 730 days (2 years) for the Board to complete.

[Learn more about requesting a virtual hearing for a Board Appeal](https://www.va.gov/resources/requesting-a-virtual-hearing-for-a-board-appeal) (in English)

## How do I request a Board Appeal?

You can request a Board Appeal online right now.

[**Request a Board Appeal**](https://www.va.gov/decision-reviews/board-appeal/request-board-appeal-form-10182) (in English)

### You can also request a Board Appeal in any of these ways:

#### By mail

Fill out a Decision Review Request: Board Appeal (Notice of Disagreement) (VA Form 10182).

[Get VA Form 10182 to download](https://www.va.gov/find-forms/about-form-10182) (in English)

**Note:** You can also get this form from a VA regional office. Or, you can call us at [800-827-1000](tel:+18008271000) to request a form. We're here Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.

Send the completed form to this address:

Board of Veterans’ Appeals  
PO Box 27063   
Washington, D.C. 20038

#### In person

Bring your completed form to a VA regional office.

[Find a VA regional office near you](https://www.va.gov/find-locations/) (in English)

#### By fax

Fax your completed form to [844-678-8979](tel:844-678-8979).

## What happens next?

[Find out what happens after you request a decision review](https://www.va.gov/decision-reviews/board-appeal/after-board-appeal-decision)

You don’t need to do anything while you wait unless we send you a letter asking for more information. If we schedule exams for you, be sure not to miss them.

[**Check your VA claim status**](https://www.va.gov/claim-or-appeal-status)

## What if I need help?

A Veterans Service Organization or VA-accredited attorney or agent can help you request a decision review.

[Get help requesting a decision review](https://www.va.gov/decision-reviews/get-help-with-review-request) (in English)

## What if I have more questions?

Get answers to frequently asked questions about decision reviews.

[Go to FAQs](https://www.va.gov/decision-reviews/faq) (in English)

## What if I get a Board Appeal decision that I don’t agree with?

If you disagree with the Board’s decision and have new and relevant evidence that supports your case, you can file a Supplemental Claim. You can also appeal to the U.S. Court of Appeals for Veterans Claims.

[Learn more about your options after a Board decision](https://www.va.gov/decision-reviews/board-appeal/after-board-appeal-decision) (in English)