

## Submitting VA Form 10-0485 to the VA for processing

Community Partner Providers can ask the Veterans to complete the form in the office and submit it to the local VA medical center's Release of Information Office

VA-Southern Oregon Rehabilitation Center forms can be faxed to the number below:

**FAX #: 541-830-7496**  
**To: VA-SORCC**  
**Att: VLER**  
**Phone # 541-826-2111 ext. 3099**

- The form must be ***filled out completely***. It must include the Veteran's 9-digit Social Security number, the date, and the Veteran's signature.
- **Form 10-0485** is an official U.S. Government form and must not be altered in any way.
- Please also include on the fax cover sheet the name of the physician that is requesting the information, your name, title, and contact information.

## Guide the Veteran in obtaining and submitting VA form 10-0485 online via eBenefits

If you are a ***Premium\* eBenefits account holder***, we invite you to **Connect Your Docs** through the VLER Health Information Exchange.

Here's how to sign up today to begin sharing your health records:

1. To get started, go to <https://www.ebenefits.va.gov/>
2. **Log in.**
3. Go to **Manage Health**.
4. Select **Share your VA Medical Records**.
5. Select **Login to Manage My Consent (Authorizations) and Preferences** and then select **Start Consent (Authorization)**.
6. Accept the terms and conditions (you must click **Yes** to continue), then select **Save and Continue**.
7. Mark the box and select **Sign**. You will then be prompted to re-enter your username and password.
8. Finally, click **Reauthenticate**. (This next step may take a couple of minutes to process.)

If you have technical difficulties, please call the eBenefits Questions and Technical Issues help line at 1-800-983-0937 for assistance.

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