



How To Obtain Your Veteran White Card



Who Can Receive a Veteran White Card?

- Any men who did at least one day of their National Service by full time service i.e. **NOT** by CMF service.
- Any men who did CMF National Service who incurred a medical condition or injury due to their service.
- Any men who did CMF National Service who were involved in Disaster Relief, or Border Protection service.
- See more information for CMF Nashos and how to get your Veteran Card on Slide 7.

What Benefits Does It Provide?

- Unlimited mental health care. For 24/7 help call Open Arms on 1800 011 046 or go to www.openarms.gov.au
- Treatment, and possibly compensation, for medical conditions related to your National Service. We believe that any of us who suffer from **hearing loss** or **tinnitus**, have grounds for a claim, as we were issued with inadequate hearing protection during our service. Some Nashos have received significant compensation for deafness. If you suffer from poor hearing or tinnitus, contact DVA first to have your hearing tests funded. To find local providers of hearing tests go to www.hearingservices.gov.au or call 1800 500 726.
- Treatment for 20 common ailments, not necessarily on your army medical records, may be available under DVA's **Provisional Access to Approved Medical Treatments (PAMT)** trial. See the next slide for the ailments covered.

Provisional Access to Medical Treatment

- **Ailments where you may be covered are:**

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| • Achilles Tendinopathy and Bursitis | Chondromalacia Patella | Dislocation |
| • Internal Derangement of the Knee | Fracture | Intervertebral Disc Prolapse |
| • Joint Instability | Labral Tear | Lumbar Spondylosis (Lower Back) |
| • Non-melanotic Malignant Neoplasm of the Skin | Osteoarthritis | Plantar Fasciitis |
| • Rotator Cuff Syndrome | Sensorineural Hearing Loss (Deafness) | |
| • Shin Splints | Solar Keratosis (Skin Cancer) | Sprain and Strain |
| • Thoracic Spondylosis (Upper Back) | Tinnitus | Cut, Stab or Laceration |
- Subject to authorisation, approval to commence treatment may be granted while your claim is being assessed.
 - If you make a DVA Claim Online, approval for PAMT is usually granted, by email, within 7 days of your claim.
 - If you receive treatment under PAMT, you do not have to repay any costs incurred if your claim is rejected.
 - To make a claim, see our Power Point presentation – **Applying for DVA Compensation & Treatment on the How To Page.**

Further Potential Benefits From Your Veteran Card

- If you completed your full term of service on, or after, 7 December 1972, you are eligible for free cancer treatment, and re-imburement of treatment costs incurred in the three months prior to the claim.
- If you are **NOT** receiving a Commonwealth Pension, you will get a fortnightly \$7-00 White Card Supplement, back paid for three months. This is not regarded as a pension payment and does not affect your eligibility for the Commonwealth Seniors' Health Card.
- Once you have a White Card, you are in the DVA system and will have a DVA file number. If DVA provides further benefits, in the future, you may receive them. Without a DVA file, DVA has no idea who, or where, you are.
- It is worth showing your White Card to your doctor, dentist, physio, podiatrist etc. Some may give you discounts, bulk bill or even free treatment, at their discretion.

How Do I Get One?

- Call DVA on **1800 VETERAN (1800 838 372)** .
- Go to your local DVA Office, if you have one.
- Make a Claim for a service-related ailment or mental health care – see How To “Apply for DVA Compensation & Treatment” .
- Google DVA Veteran White Card and apply online for the [Australian Defence Veterans' Covenant](#) by selecting the ‘Veteran Covenant’ option in MyService. We found this difficult and confusing.

CMF Nashos (Reservists)

The Veteran White Card is available to anyone who served one day of **CONTINUOUS FULL TIME SERVICE** in the Australian Defence Forces. Regrettably, this does not include men who did National Service in the CMF. Nasho Fair Go Ltd is lobbying the Australian Government to have this rectified.

CMF Nashos can obtain a White Card **if you can make a successful** claim to DVA for **a service-related ailment OR mental problems (not necessarily service-related).**

CMF Nashos are encouraged to make a claim if they feel they have an ailment that may qualify - especially deafness, tinnitus and arthritis or mental health issues – the most common ailments attributable to our service. All claims will be subject to assessment by DVA.