



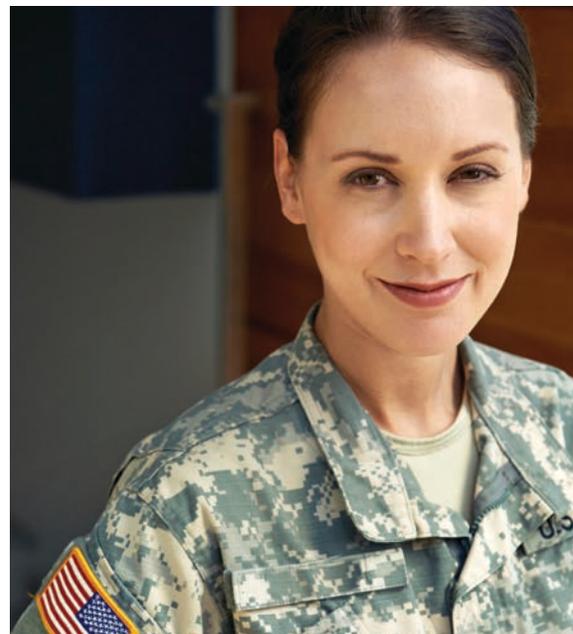
February 2016

## Welcome

I am the new supervisor of the San Mateo County Veteran Services Office, which is located at 400 Harbor Blvd., Building B, in Belmont. I came to this post after serving in San Francisco County in the Department of Public Health.

The office is open from 8 a.m. to noon and 1 to 5 p.m. Monday through Friday to provide complete and comprehensive benefit evaluations and claim filing assistance. No appointment is necessary. Our staff includes Veteran Services Representatives (VSRs) Kay Kye, Megan Finau, Richard Jackson and our administrative staff Marisol Mayorga and Monique Hess.

It's a small staff but we work very hard to achieve our goal of connecting San Mateo County veterans and their families to the benefits they have earned by honorably serving our country. There are four major areas of benefits for veterans and over the coming months I will cover them in detail as well as pass on new information regarding changes in the complicated world of the Veterans Administration – known simply as the VA.



## VA Health Benefits

### BASIC ELIGIBILITY

You must have served in the active military, naval or air service and you must have been discharged or released under conditions other than dishonorable to qualify for VA health care benefits. Reservists and National Guard members may also qualify for VA health care benefits if they were called to active duty (other than for training) by a Federal order and completed the full period for which they were called or ordered to active duty.

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**Norman Aleman,**  
San Mateo County Veterans  
Services Office Supervisor  
Reach him at (650) 802-7501  
or [naleman@smcgov.org](mailto:naleman@smcgov.org).



**COUNTY OF SAN MATEO**  
HUMAN SERVICES AGENCY

**San Mateo County Veteran Services Office**  
400 Harbor Blvd., Building B  
Belmont, CA 94002  
T (650) 802-6598  
F (650) 595-2419

# VA Health Benefits

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## MINIMUM DUTY REQUIREMENTS

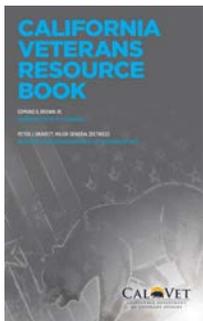
Veterans who enlisted after September 7, 1980, or who entered active duty after October 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible. This minimum duty requirement may not apply to veterans who were discharged for hardship, early out or a disability incurred or aggravated in the line of duty.

## INCOME LIMITS

Your current income matters. Unless you have a service-connected disability, the Veterans Administration has maximum income limits to access the health benefit.

## SIGNING UP

To sign up for the VA health benefit, all you need to do is bring your DD-214 (discharge form) and we will help you fill out the very simple paperwork. You may also go to the Palo Alto VA and go to the eligibility window for help.



## Get the Book

The California Veterans Resource Book is a great resource for all California benefits for veterans and their families. You can go the link below and download a free copy.

>> <http://hsa.smcgov.org/veterans>

## SAN MATEO COUNTY VETERANS SERVICES OFFICE

The San Mateo County Veterans Services Office (CVSO) was established in 1946 by the County Board of Supervisors to assist military veterans and their families to access veterans benefits in a compassionate and professional manner. The office continues that tradition today.

Today, Veterans services are provided free of charge by the San Mateo County Human Services Agency. Our Veterans Services Representatives (VSRs) are trained by accredited representatives of the Office of the General Counsel of the United States Department of Veterans Affairs on the benefits available to veterans. The CVSO can help you and your family submit claims for benefits to the Department of Veterans Affairs and provides follow up services to ensure that you receive the benefits to which you are entitled.

## OUT POST LOCATIONS

**Tuesdays**

**8:30 am - 2:30 pm**

795 Willow Road, Bldg 348

Menlo Park

**Thursdays**

**9 am - 3 pm**

1487 Huntington Ave

South San Francisco

