For the following offices in the East, the number to call is 757-455-0814
- Accomac
- Chesapeake
- Hampton
- Hampton VAMC
- Norfolk
- Portsmouth
- Williamsburg
- Virginia Beach – Pembroke
- Virginia Beach – Oceana

For the offices in the North, the number to call is 703-479-7437
- Fort Belvoir
- Fairfax
- Loudoun
- Manassas
- Pentagon
- Quantico
- Springfield
- Strasburg

For the offices in the West, the number to call is 540-982-2463 ext 6547
- Abingdon
- Big Stone Gap
- Danville
- Lynchburg
- Roanoke
- Salem VAMC
- Staunton
- Tazewell
- Wytheville

For the offices in Central Virginia, the number to call is 804-691-4905 or 804 720-8027
- Charlottesville
- Emporia
- Fort Lee
- Fredericksburg
- Henrico
- McGuire VAMC
- Petersburg
- South Hill