

# How the VA Rates Tinnitus

Regulatory Source: 38 CFR § 4.87 – Diagnostic Code 6260

VA Source: <https://ecfr.gov>

## Summary:

Tinnitus is the perception of sound (like ringing or buzzing) when no external sound is present. The VA offers only one disability rating for it: 10%. This applies whether it's in one ear or both.

## VA Rating Table:

Rating	Explanation
10%	Persistent tinnitus (ringing, buzzing, or similar sound) in one or both ears. This is the only rating the VA provides for tinnitus regardless of whether it's unilateral or bilateral.

## Required Evidence:

- Formal diagnosis of tinnitus from a VA or private audiologist
- Documentation of persistent symptoms
- Service records or MOS showing exposure to loud environments (e.g., combat, artillery, aircraft)
- Optional: Nexus opinion if not automatically presumed based on service

## Pro Tip:

While tinnitus is capped at 10%, it can serve as a gateway to service-connecting other conditions like hearing loss, anxiety, or sleep disturbances.