

# ARROWOOD LAW

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## Sample Doctor's Letter for Sex Designation Changes

This letter meets federal requirements to change the sex designation with Social Security, on a passport, or on immigration documents. It can also be used to change the sex designation with the NY DMV. It does **not** need to be notarized.

**NOTE:** Currently, an X gender marker is **not** available on NY state photo IDs or federal documents. An X gender marker is available on NY State and New York City birth certificates, and NYCID. The gender marker on New York City and NY state birth certificates can be changed by self-attestation (without a doctor's letter) using the designated forms, available [here](#).

## Sample letter meeting federal government requirements:

Date

I, [Physician's Full Name], am the physician of [Chosen Name of Patient a/k/a Current Legal Name], DOB: [Date of Birth], with whom I have a doctor/patient relationship and whom I have treated [or with whom I have a doctor/patient relationship and whose medical history I have reviewed and evaluated].

[Chosen Name of Patient] has had appropriate clinical treatment for gender transition to the new gender of [specify male or female].

I declare under penalty of perjury under the laws of the United States that the forgoing is true and correct.

Signature of Physician

Typed Name of Physician

[issuing U.S. State/Foreign Country of medical license/certificate & physician's medical license or certificate number]

## Requirements for this letter:

- ☐ Printed on **letterhead** that includes:
  - Physician's address
  - Telephone number
- ☐ Signed by an **MD or DO**
- ☐ Provide **three original copies** to the patient.
  - Photocopies and scans are not acceptable.
  - Ideally, sign in blue ink.