



WHY AMENDING MEDICAL RECORDS MATTERS

Protecting personal medical information can be crucial in environments where privacy and safety are at risk. This guide outlines steps to amend medical records to remove sensitive details such as gender markers, diagnoses, and other personal information that may impact security or access to care.

Steps to Request Amendments to Medical Records

1. IDENTIFY WHAT NEEDS TO BE CHANGED

- Review your medical records through your patient portal or request a copy from your healthcare provider.
- Note specific details you wish to amend, such as gender markers, diagnoses (e.g., gender dysphoria), or any references to procedures related to gender identity.
- Identify non-essential information that may impact safety in hostile healthcare or legal settings.

2. REQUEST AN ALTERNATIVE DIAGNOSIS WHEN NECESSARY

- If removing a gender-related diagnosis, request that your provider **replace it with a general, unspecified diagnosis** that does not reference gender or mental health.
- Suggested alternative diagnoses:
 - **Endocrine disorder, unspecified** (if related to hormone treatment)
 - **Chronic fatigue syndrome** (if needing a broad but unrelated condition)
 - **Other medical conditions related to metabolic function** (as a neutral alternative)
- Providers may be more willing to amend records if a substitute diagnosis is provided.

3. SUBMIT A WRITTEN REQUEST TO AMEND RECORDS

- Under **HIPAA (Health Insurance Portability and Accountability Act)**, you have the right to request an amendment to your medical records.
- Write a formal request to your healthcare provider, specifying which records need correction or removal.



SAMPLE LETTER FOR MEDICAL RECORD AMENDMENT

To: [Healthcare Provider or Medical Records Department]
Subject: Request for Amendment of Medical Records

Dear [Provider's Name or Medical Records Department],

I am writing to formally request an amendment to my medical records under my rights granted by HIPAA. After reviewing my records, I have identified information that is either inaccurate or no longer relevant to my medical care.

I respectfully request the removal or correction of the following:

- [Example: Any references to gender markers]
- [Example: Removal of specific diagnoses or treatments related to gender identity]
- [Example: Any outdated or unnecessary references to prior medical history not relevant to ongoing care]

Additionally, I request that any necessary documentation be replaced with a neutral or unrelated medical diagnosis, such as [suggested alternative diagnosis].

These updates are necessary to ensure my records reflect only the medical information relevant to my current and future healthcare needs. Please confirm in writing once these changes have been made or provide documentation explaining any denial of this request.

Thank you for your time and assistance.

Sincerely,
[Your Full Name]
[Your Date of Birth]
[Your Contact Information]



4. FOLLOW UP ON THE REQUEST

- Providers typically have **60 days** to respond to amendment requests under HIPAA.
- If a request is denied, you have the right to submit a written statement of disagreement, which must be included in future record requests.



5. ALTERNATIVE OPTIONS FOR PRIVACY PROTECTION

- **Request a Limited Medical Record Release:** Ask your provider to **withhold certain information** from being shared with other medical professionals unless absolutely necessary.
- **Switch Healthcare Providers:** If your current provider refuses to amend records, consider transferring care to a more affirming healthcare provider.
- **Use a Preferred Name Where Possible:** Many healthcare systems allow preferred names to be listed, even if legal documentation has not been updated. If you are paying cash for prescriptions (an exception is controlled medications such as stimulants; these require the name to match your ID) and not using insurance, you do not need to use your real name.

KNOW YOUR RIGHTS!

- HIPAA grants you the right to request amendments to your medical records.
- You are not required to disclose personal history or gender identity information unless it is medically relevant.
- If denied, you can file a complaint with OCR to challenge the provider's refusal.

For further support, contact **trans-affirming legal or advocacy organizations** for additional guidance on navigating medical privacy protections.

This guide is intended to provide general information on protecting medical privacy. If you need legal assistance, consult a professional specializing in healthcare rights

