



# Trans Health Project

*Working for Transgender Equal Rights*

## Minor Puberty Blockers / Hormone Replacement Therapy

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Use this checklist to ensure that each element is included in your letter. Use language that is client specific; do not simply copy this checklist.

### Identification of patient and diagnosis

- The client's general identifying characteristics (age, gender, etc.)
- The duration of the mental health professional's relationship with the client, including the type of evaluation and therapy or counseling to date
- Results of the client's psychosocial assessment, including any diagnoses

### Statement of Medical Necessity

- Explain that WPATH criteria for hormones have been met. (p. S258, Appendix D of WPATH SOC v8, available [here](#)) Address each point of the WPATH Criteria:
  - Gender diversity/incongruence is marked and sustained over time
  - Meets the diagnostic criteria of gender incongruence in situations where a diagnosis is necessary to access health care
  - Demonstrates the emotional and cognitive maturity required to provide informed consent/ assent for the treatment
  - Mental health concerns (if any) that may interfere with diagnostic clarity, capacity to consent, and gender-affirming medical treatments have been addressed; sufficiently so that gender-affirming medical treatment can be provided optimally.
  - Informed of the reproductive effects, including the potential loss of fertility and the available options to preserve fertility
  - Reached Tanner stage 2
- Indicate you recommend initiating puberty blockers / hormone replacement therapy.
- Use the phrase "medically necessary," which is generally defined in insurance policies simply to mean clinically appropriate care to treat a condition in accordance with generally recognized standards of care
- Note harms associated with withholding or delaying puberty blockers / hormone replacement therapy
- If there has been involvement of parent(s)/guardian(s) in the assessment process, note that, **unless their involvement is determined to be harmful to the adolescent or not feasible**

## State the qualifications of the provider

Discuss your credentials as applicable. Omit things that do not apply.

- Education and degree
- Licensure
- Length of time & experience working with/diagnosing trans patients
- Number/percentage of trans patients seen, if a significant part of your practice
- Continuing education in the assessment and treatment of gender dysphoria;
- Relevant professional associations
- Relevant publications
- Relevant trainings given, courses taught
- Consider attaching CV if a specialist

If you need any additional information, please do not hesitate to contact me at [phone].

Sincerely,

Signature

Provider's Name

Licensing information

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Content last updated on Mar 12, 2025 - PDF generated from: <https://transhealthproject.org/resources/provider-medical-necessity-letter-checklists/minor-puberty-blockers-checklist-2025/> on .

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