

‘X’ Option for Legal Sex and Sex Assigned at Birth Frequently Asked Questions for Patients

What is “legal sex”?

Legal sex is the sex (male, female or X) recorded on an individual’s state or government identification documents. This includes passports, driver’s licenses, state IDs, green cards, birth certificates and other official documents.

What is “sex assigned at birth”?

Sex assigned at birth is the sex assigned when a baby is born. This is most often based on their anatomy and other physical characteristics. Sex assigned at birth is often listed on a birth certificate.

What does “X” mean?

X is a sex or gender marker. It is considered a legal sex that is not male or female. It can be listed on government identification documents, such as driver’s licenses, passports and birth certificates. It is most commonly used by people who are intersex, transgender or nonbinary.

Why do health centers ask patients for their legal sex and sex assigned at birth?

Knowing your legal sex and sex assigned at birth helps us to better meet your health needs. With this information, we can send out the correct types of health reminders and provide the right kind of care for each patient.

What if I do not want to share this information?

- We must include **legal sex** in your medical record. This information should match the sex on your identification documents.
- You can choose not to share your **sex assigned at birth**. You can select, “Choose not to disclose.” A care team member may ask you about this privately. You do not have to give them this information, but it will help us care for you. It can also help prevent you from getting health reminders that may not be right for you.

Who will see this information?

Your care team will see this information. It may become part of your electronic health record. If you have concerns about this, talk to a care team member.

How will you protect my information?

Like all health information, your sex information is confidential and protected by law. If you are under 18 years old, your parent/guardian may have access to this information. Anyone with proxy access to your medical records may have access as well. If you have any concerns, talk to a care team member.

How will this information be used?

Your care team will use this information to better understand and meet your healthcare needs. We also use this data to identify gaps in care or services across different populations.

What are pronouns?

Pronouns are the words people use when they are referring to you without using your name.

Examples of pronouns are:

- She/her
- He/him
- They/them

Why do health centers ask about pronouns?

Trust is important for providing excellent care. We want to make sure every patient feels comfortable and respected here. We do not want to assume anyone's pronouns. Just like using the right name, using the right pronouns makes patients feel seen and heard.

What is a preferred name?

Your preferred name is the name you want us to call you. This may not be the same name as the legal name on your identification documents. For example, someone's driver's license may say their legal name is John Michael Smith, but the name they want us to use is "Mike."

Why do health centers ask about preferred name?

Like using the right pronouns, using the right name helps patients feel comfortable and respected. It is important for building a trusting relationship.

I updated the sex designation on my ID to X. Should I update my health insurance company?

Yes. We use X sex designations in patient medical records, but at this time, most insurance companies only offer male or female sex designations in their policies. If your insurance company does not accept X as a sex designation and your policy is under a different sex designation, we will keep track of this information separately to help ensure this does not impact your care.