

Social Security Online
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Internet Appeal

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Welcome!

This is the starting point to request a review of our medical decision about your eligibility for disability benefits. There are two parts to this Internet Appeal process: (1) an Appeal Request form; and (2) an Appeal Disability Report that gives us more information about your condition. You can complete both forms online. To appeal online, you may submit only an appeal request (Part 1). We are asking you to also submit an Appeal Disability Report (Part 2) because it will give us more information about you and help us in processing your appeal. If you do not want to use the Internet to request your appeal, there are [Other Ways to Request an Appeal or Complete a Disability Report](#).

NOTE: We use the term "claimant" to refer to the adult or child whose disability decision is being appealed.

To be able to use this Internet process, the claimant must:

- Have applied for benefits
- Have received a "Notice of Disapproved Claim", a "Notice of Reconsideration", or "Notice of Federal Reviewing Official Decision", and have the notice available when beginning this process. (If you do not know which notice you received, refer to [About Your Notice](#).)
- Disagree with the disability decision
- Live in the United States or one of its territories



If any of the above statements are not true, stop here and contact Social Security!

Completing the Internet Appeal Process

The first part of your appeal is the Appeal Request. The next five pages explain this request and help you get ready to provide the information we need. The sixth page is the Appeal Request form. We will ask you to provide information about your representative if you have one. You will be able to review the information you provide before sending it to us electronically. The Appeal Request is a short form and you must complete and submit it in a single session. You will not be able to come back to it later.

Part 2 of the two-part Internet process is completing the Appeal Disability Report. We will walk you through completion of this report right after you submit the Appeal Request. The Report asks you to tell us about any changes that have occurred since the claimant last completed a disability report. This includes information about the claimant's condition, doctors or other medical sources and treatment, work activity and education. You do not have to complete this report all at once. Later we will tell you how to return to an Appeal Disability Report that you had started earlier.

To start the Internet Appeal Request and Disability Report process, select this button.

[Start the Appeal](#)

Already started an Appeal Disability Report? Then select this button.

[Go Back to the Report I Already Started](#)

If You Have Questions

Call our toll-free number, 1-800-772-1213. If you are deaf or hard of hearing, call our toll-free "TTY" number, 1-800-325-0778. Representatives are available Monday through Friday from 7 AM to 7 PM.

More Information about Disability and the Appeal Process

[How the Disability Appeals Process Works](#)
[Your Right to Representation](#)
[Social Security's Definition of Disability for Adults](#)
[Social Security's Definition of Disability for Children](#)
[Internet Security Policy](#)
[Social Security's Accessibility Policy](#)
[Privacy Information](#)
[Information about Social Security's Disability Programs](#)



About This Internet Appeal Process

Using Social Security Online Services

Using the Internet Appeal Request and Disability Report gives you:

- Security and privacy for your information.
- Step by step instructions and examples to help you complete the Appeal Request and the Disability Report.
- A process to collect information that applies to you, similar to the interview process in a Social Security Office.
- The ability to work at your own pace, stopping when you want and coming back to finish later.

What You Will Need

The Internet Appeal Request and Disability Report process asks for information about the adult or child whose disability decision is being appealed (the "Claimant") and his or her medical history.

For us to decide that the Claimant is disabled under the Social Security Act and its regulations, you must give us as much information as possible so that we can contact your doctors and hospitals directly to get your medical records. It is important that you give us the names, addresses, and dates of treatment for all your doctors and hospitals. The list below provides details about what you will need.

For Part 1: The Appeal Request

- Your Social Security Number, name, address, and telephone number, if you have one.
- Your Notice of Decision.
- Information about your Representative, if you have one. Use this link for [more information about having a Representative](#).

For Part 2: The Disability Report

- The name, address including ZIP code, and telephone number of someone else who knows about your illnesses, injuries and conditions (referred to only as conditions from here on) and can give us information about you. (Note: The instructions page for Part 2 provides a link for ZIP code lookup, if you need it.)
- A description of any changes in your conditions since you last completed a disability report, including new physical and mental limitations and new conditions.
- The names, addresses including ZIP codes, and telephone numbers for all doctors, hospitals, and clinics that you have seen since you last completed a disability report, and the dates you saw them.
- The name of each medical test that you have had since you last completed a disability report, when and where the test was done, and who ordered it.
- The name of each current prescription and over-the-counter medicine that you take and the doctor who prescribed it.

Other Information

Third Party Links: Some Social Security Online pages contain links to third party sites not operated by SSA. Those sites are not within our control and may not follow the same privacy, security, or accessibility standards as ours. We are not responsible for the content or availability of those sites, their partners, or advertisers.

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Should You Use This Internet Appeal Process?

Not everyone will be able to complete this process online. You must answer all of the following questions to help us determine if you should use this Internet process or if it would be better for you to speak with a Social Security representative.

Do you live in the United States or one of its territories/ commonwealths?

Yes No

Did you receive a notice of decision?

Yes No

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[How to Move Around This Report](#)

Last edited 5/24/2007 3:07 PM

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About Your Appeal

Thank you and welcome to the Internet Appeal Request.

Please answer the following questions to help us determine how to guide you through the Internet Appeal process. If you are unsure of the answers to any of these questions, please contact Social Security for assistance.

Claimant Name: Suffix (if any)

(Enter the First, Middle, and Last Name of the person applying for benefits.)

Claimant Social Security Number:

Please enter the Social Security Number without dashes or hyphens.

Claimant date of birth:

What is the date on the "Notice of Decision" you received?

(If you do not know which date we are referring to, see [What Is My Notice Date?](#))

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