

# Freedom of Information request 418/2015

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## Information request

Please can you confirm the following regarding ESA legislation:

To start a claim for ESA a claimant need a fit note from your GP that says you are not able to work.

To appeal a refusal of ESA decision a claimant need not produce a fit note (although this is necessary if the health condition changes).

## DWP response

The information you require is detailed below:

Medical evidence is required at the start of an ESA claim and during the period pending and appeal hearing not just if a health condition changes in relation to a pending appeal case. This may be a self-certificate for the first 7 days at the start of the claim.

Further information may be found at the GOV.UK web site. Please see links below:

<https://www.gov.uk/employment-support-allowance/how-to-claim>

<https://www.gov.uk/government/publications/employment-and-support-allowance-leaflet>