

Washington Gender-Affirming Care Resources

How to use this guide

This document contains Washington-specific information to connect transgender and nonbinary individuals with medical, behavioral, financial, community, family, legal, educational, and other resources.

Use the clickable table of contents to navigate to the area in which you are searching. This document also contains a "statewide" resource section with community organizations, telehealth options, pharmacy options, and Medicaid and PrEP information.

If you are looking for a specific type of resource, use ctrl+f to search for a keyword in the document.

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PUGET SOUND

Medical Services

Complete Health Care of Olympia

o Phone: 360-754-9409

Website: https://www.chcoly.com/

• Providence St. Peter Family Medicine Department, Transgender Medicine Department (Multiple Providers)

Referral from primary care provider needed

o Phone: 360-493-4015

o Website: https://www.providence.org/our-services/wa/st-peter-family-medicine

The Olympia Free Clinic

Services provided 1st Monday of every month

o Phone: 360-890-4074

Website: https://www.theolympiafreeclinic.org/

Whole Health Naturopathy

o Phone: 360-943-9519

Website: https://wholehealthnaturopathy.com/

Mt. Shuksan Family Medicine, Bellingham WA

o Phone: 360-647-1900





Website: https://www.mtshuksanfamilymedicine.com/services/gynecology

Spectrum Reproductive Health & Gender Affirming Care

o Phone: 360-230-4460

Website: https://www.spectrumreproductivehealth.com/

• Family Care Network

o Phone: 360-671-4402

o Website: <u>www.familycarenetwork.com</u>

Jefferson Healthcare (commercial and state insurance)

- o Port Townsend, WA
- Primary care and specialty care, pediatrics, dental
- Website: https://jeffersonhealthcare.org/services/lgbtq-resources/

Aesthetics & Voice

• Wolf & Pixie Electrolysis

- o Olympia, WA
- o Provides receipts/superbills for insurance reimbursement
- o Phone: (360) 888-7388

• Western Washington Speech and Language Clinic (free, student practitioners)

- o Gender-affirming speech-language pathology
- Website: https://lgbtq.wwu.edu/speech-and-language-clinic
- Catalyst Therapies (Private ins., Medicaid, Medicare)
 - o Bellingham, WA
 - Gender-affirming speech language pathology
 - Website: https://catalysttherapies.org/

Surgical Care

Foley Plastic Surgery Center

- o Olympia, WA
- Top surgery, facial surgery for all genders
- Website: https://drfoley.com/

PeaceHealth Plastic Surgery

- Vancouver, WA
- Website: https://www.peacehealth.org/medical-topics/id/aa64111

Care for Minors

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SEATTLE

Medical Services

Swedish Medical

- Primary and specialty gender-affirming care, surgery
- Website: https://www.swedish.org/services/transgender-health/healthcare-navigation
- Seattle Roots Community Health (formerly Country Doctor)
 - Primary care, Accepts Medicaid + uninsured
 - o 2 Seattle locations
 - o Phone: 206-299-1900 & 206-299-1600
 - Website: https://seattleroots.org/specialized-care/#gender-affirmingcare
- NeighborCare (Multiple locations from Ballard to Rainier Beach, See website for contact info)
 - HRT, surgery & aesthetic referrals, preventative care, family planning, mental health, health education, chronic illness management, dental care, social work
 - o Pike Place Market Location Phone: 206-728-4143
 - Website: https://neighborcare.org/services/gender-affirming-care/?group=medical

University of WA Transgender & Gender Non-Binary Program

- o Integrated primary, surgical, specialty, and mental healthcare
- Website: https://depts.washington.edu/tgnbhealthprogram/
- Queen Anne Medical Associates (Accepts Medicaid; sees adults & children)
 - Remote HRT, family medicine
 - o Phone: 206-281-7163
 - Website: http://queenannemedicalassociates.com/transgender-care/

Capitol Hill Medical

- HRT & primary care
- o Phone: 206-720-9999
- https://www.capitolhillmedical.com/

Virginia Mason Hospital

o HRT, primary care, PrEP, gynecology, pediatric care, surgical care





Website: https://www.vmfh.org/our-services/transgender-health

Shalit and Associates

 Transgender care, HIV care PrEP, STD, preventative care, general health screening, immunizations

o Phone: 206-624-0688

Website: https://www.doctorshalit.com/

Mapu Maia Clinic

- o Kent, WA
- Services: LGBTQ-centered primary care, gender-affirming care, sexual healthcare, harm reduction, electrolysis, transition navigation
- https://utopiawa.org/mapu-maia-clinic/

• Optum (Formerly Polyclinic)

- o Gender affirming care, primary care, specialty care
- Seattle, WA locations
- Website: https://www.polyclinic.com/

Pacific NW Fertility (Fertility Preservation)

- Seattle and Bellevue locations
- o LGBTQIA+ friendly fertility clinic, all-female physician team.
- o IUI, IVF, surrogacy, egg freezing, donor egg and sperm, men's repro health
- Website: https://pnwfertility.com/

• Seattle Reproductive Medicine (Fertility clinic)

- LGBTQIA+ friendly clinic
- Counseling, acupuncture, urology, support groups, donor egg and sperm, surrogacy, artificial insemination, IVF
- Website: https://www.seattlefertility.com/

Male Fertility Lab (UW Medicine)

- Semen analysis, sperm function, sperm retrieval/prep, cryopreservation. All services open to trans patients.
- Website: https://faculty.washington.edu/cmuller/MFL/sperm-freezing.html

Empower Physio (OON)

- Trans-competent pelvic floor physical therapist
- Website: https://www.empower.physio/

Pharmacy

Axis Pharmacy Northwest

Mountlake Terrace





- Compounding pharmacy, provides compounding for topical HRT
- Website: https://axispharmacynw.com/

Aesthetics & Voice

Absolute Aesthetics

- Electrolysis and laser hair removal
- Bellevue and Lynnwood locations.
- o Website: www.absoluteaestheticsllc.com
- o Phone: 206-330-6860

Allure Aesthetics

- Laser hair removal (and GA surgery)
- o Website: https://www.allureesthetic.com/body/laser-hair-removal/

Aesthetics and Electrology Seattle

- Laser & electrolysis
- o Website: https://www.aestheticsseattle.com/transcare

• Seattle Skin Essentials

- Skin care, waxing, electrolysis
- Website: https://www.seattleskinessentials.com/

Aesthetics & Electrology

- o Electrolysis, plasma lift, skin care
- Website: https://www.aestheticsseattle.com/

• Caddell's Laser & Electrolysis

- Website: https://www.caddellslaserclinic.com/
- Pacific Electrology Center (Bellevue)
 - Website: http://pacificelectrologycenter.com/
- Real You Electrolysis (Vancouver, WA)
 - Electrolysis
 - Website: https://realyouelectrolysis.com/electrolysis-hair-removal/

Skinlogic Med Spa – state and commercial insurance

- Laser hair removal
- Website: https://skinlogicmedspa.com/transgender-friendly-laser-hair-removal/

Swedish Medical Services – Audiology Serices

- o Gender-affirming voice training
- o Seattle, WA
- Website: https://www.swedish.org/locations/first-hill-campus/audiology-services





• UW Medicine Otolaryngology/SLP

- o Gender-affirming voice training
- o Seattle, WA
- Website: https://www.uwmedicine.org/locations/otolaryngology-head-and-neck-surgery-center-uwmc

UW Speech and Hearing Clinic

- o Gender-affirming voice training, no referral needed
- Seattle, WA
- Website: https://sphsc.washington.edu/

Surgical Care

• La Belle Vie Cosmetic

- Chest reconstruction, breast augmentation, facial feminization, facial masculinization, body feminization, body masculinization, rhino/septoplasty, tracheal shave
- Website: https://labelleviecosmetic.com/
- **UW Medical Center** (Accepts Medicaid)
 - o Breast augmentation, mastectomy, full bottom surgery, orchiectomy, FFS, hysterectomy
 - o Phone: 206-520-5000
 - Website: https://www.uwmedicine.org/

Swedish Plastics & Aesthetics (Accepts Medicaid)

- Breast augmentation, mastectomy, hysterectomy, orchiectomy
- o Phone: 206-215-6221

Refine MD

- Top surgery
- o Bellevue, WA
- o Website: Refinemdnw.com

Optum – Everett Clinic (Accepts Medicaid)

- Hysterectomy, orchiectomy
- Website: https://www.everettclinic.com/

• Allure Aesthetics (commercial insurance)

- o Seattle, WA
- Top and bottom surgeries, body contouring, tracheal shave, rhinoplasty, FFS, hairline feminization, body masculinization
- Website: https://www.allureesthetic.com/

Partington Plastic Surgery Center

o Kirkland, WA





- FFS, top surgery
- o Website: https://partingtonps.com/

Polyclinic Plastic Surgery

- o Seattle, WA
- Facial masculinization, liposuction, mastectomy/breast augmentation, rhinoplasty, brow lift, eye lift, cheek implants, tracheal shave
- Website: https://polyclinicplasticsurgery.com/procedures/transgender/

Providence (Accepts Medicaid)

- o Mill Creek, WA
- o Hysterectomy, breast augmentation
- Website: https://www.providence.org/locations/wa/

Virginia Mason Hospital (Accepts Medicaid)

- o Seattle, WA
- Facial surgery, hysterectomy, top surgery, body contouring, orchiectomy, laser hair removal, breast augmentation, mastectomy, FFS
- o https://www.vmfh.org/our-services/transgender-health

Care for Minors

Seattle Children's Hospital

- Accepts ages 9 to 17.75 at the time of referral who have already started puberty.
- HRT, puberty blockers, brief mental health support, partnership with Autism Center, genderaffirming surgery for teens and young adults, voice training
- Website: https://www.seattlechildrens.org/clinics/gender-clinic/

Virginia Mason Hospital

- Seattle, WA
- o Services: HRT, primary care, PrEP, gynecology, pediatric care, surgical care
- Website: https://www.vmfh.org/our-services/transgender-health

UW Medicine Otolaryngology/SLP

- Gender-affirming voice training
- Seattle, WA
- Website: https://www.uwmedicine.org/locations/otolaryngology-head-and-neck-surgery-center-uwmc

TACOMA/PIERCE

Medical Services

• Mary Bridge Children's (up to age 17)





o Phone: 253-792-6630

Website: https://www.marybridge.org/services/diabetes-endocrine-clinic/gender-health-transgender-program/

• Community Health Care (Multiple providers & multiple sites, accepts Apple Health)

o Phone: 253-722-2161

o Website: https://www.commhealth.org/services/gender-affirming-care/

Cedar River

o Phone: 800-572-4223

Website: https://cedarriverclinics.org/lgbtqwellness/

• Vigil Family Medicine (Does not take insurance, monthly subscription model)

o Phone: 253-693-0071

o Website: https://www.vigilmd.com/gender-carelgbtq

CENTRAL/EASTERN WASHINGTON

• CHAS Health, Spokane

Primary care and HRT for adolescents and adults, puberty blockers, surgery referrals

o Phone: 509-444-8200

Website: https://chas.org/?s=transgender+care

Columbia Valley Community Health, Wenatchee

o Phone: 509-662-6000

Website: https://cvch.org/patients/lgbtq/transgender-care-team

Surgical Care

• Stiller Aesthetics

- Body feminization/masculinization, facial feminization/masculinization, top surgery, vaginoplasty
- Spokane, WA and Moscow, ID
- Website: https://www.stilleraesthetics.com/

Multicare Rockwood OBGYN Center (Accepts Medicaid)

- o Spokane, WA
- Hysterectomy
- Website: https://www.multicare.org/location/deaconess-health-education-center/womens-center/
- North Spokane Women's Health (Accepts Medicaid)
 - Hysterectomy
 - Website: https://nswomenshealth.com/





Confluence Health (Accepts Medicaid)

- Wenatchee, WA
- Hysterectomy
- Website: https://www.confluencehealth.org/

Aesthetics & Voice

- Norton Speech & Voice
 - o Spokane, WA
 - Gender-affirming voice training
 - o Phone: 509-279-2555

OUT-OF-STATE SURGERY

- Legacy Health
 - Portland, OR (Accepts WA Medicaid)
 - o Top surgery, bottom surgery, facial harmonization, body contouring, orchiectomy
 - o Website: www.legacyhealth.org
- OHSU
 - Portland, OR (Accepts WA Medicaid)
 - Full bottom surgery, vaginoplasty, vulvoplasty, orchiectomy, metoidioplasty
 - Website: https://www.ohsu.edu/
- Meltzer Clinic
 - o Portland, OR and Scottsdale, AZ (accepts WA Medicaid)
 - Full bottom surgery
 - Website: https://themeltzerclinic.com/

TELEHEALTH-ONLY OPTIONS (STATEWIDE)

- Pacific NW Specialty Pharmacy Trans-competent compounding pharmacy, ships anywhere in WA
 - Website: https://www.pnsprx.com/
- Empower Pharmacy Compounding pharmacy, ships anywhere in WA
 - Offers gender-affirming care, sexual wellness, and other medications
 - Website: https://www.empowerpharmacy.com/compound-medication/gender-affirming-care/
- New Era Pharmacy Compounding pharmacy, ships to you
 - Offers gender-affirming care, specialty fertility care, and other medications
 - Website: https://newerapharmacy.com/
- Folx Health (Telehealth only insurance not accepted for appointments)





- Website: https://www.folxhealth.com/
- QueerDoc (Telehealth only insurance not accepted for appointments)
 - Website: https://queerdoc.com/
- **Plume** (Telehealth only insurance not accepted for appointments, can be used for meds, \$99.00 monthly membership)
 - Website: https://getplume.co/map/gender-affirming-hormone-therapy-in-washington/

Trans CLINIQUE

- (Insurance & no insurance options, monthly membership)
- o Website: https://transclinique.com/
- True U Clinic (Does not accept insurance, patients are self-pay)
 - o Phone: 888-292-0799
 - Website: https://trueuclinic.com/washington/
- Circle Medical (Insurance & non-insurance options)
 - Website: https://www.circlemedical.com/what-we-treat/hormone-therapy
- Loud and Clear Speech Therapy (Accepts Kaiser, Regence, Premera)
 - o Gender-affirming speech/voice/communication training.
 - Website: https://www.loudandclearspeech.com

Wellness Group

- Gender-affirming voice training, private pay, adults and adolescents
- Online or in Portland, OR
- Website: https://wellnessgroupslp.com/

• Transformative Voice

- Gender-affirming voice training, adults and adolescents, private pay, possible reimbursement
- Website: https://transformativevoice.com/

Affirming Voice

- o Gender-affirming voice training, free consultation, adults and adolescents
- o Website: https://affirmingvoice.clientsecure.me/#home

OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)

State-Specific Insurance Information (GAHC, PrEP)

State Medicaid coverage of gender-affirming care:

• Gender-affirming health care explicitly covered by Washington state Medicaid.





- Gender-affirming procedures covered: https://apps.leg.wa.gov/wac/default.aspx?cite=182-531-1675
- WA Medicaid Transhealth Program: https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/transhealth-program
- Current WA gender-affirming Medicaid regulations:
 https://transhealthproject.org/resources/medicaid-regulations-and-guidance/washington/

PrEP Information

- Insurance Coverage: WA Medicaid covers routine HIV screenings and does not require a prior auth for PrEP
 - WA PrEP Medication Assistance Program: https://doh.wa.gov/you-and-your-family/illness-and-disease-z/hiv/prevention/pre-exposure-prophylaxis-drug-assistance-program-prep-dap
- Med Management Support:
 - WA PrEP Navigators: https://doh.wa.gov/sites/default/files/legacy/Documents/Pubs/150-083-PrEPNavigatorsWA.pdf

WA MEDICAID GENDER-AFFIRMING SURGERY REQUIREMENTS

Coverage Information

- Top surgery and bottom surgery covered at no cost
 - Includes breast augmentation, orchiectomy, vaginoplasty, subcutaneous mastectomy, hysterectomy, phalloplasty, metoidioplasty, facial electrolysis, facial feminization surgery
- Transportation assistance
 - https://www.hca.wa.gov/health-care-services-and-supports/apple-health-medicaidcoverage/transhealth-program#transportation-services
- More benefit information
 - https://www.hca.wa.gov/health-care-services-and-supports/apple-health-medicaid-coverage/transhealth-program
- **ProviderOne site** (AppleHealth provider search)
 - https://fortress.wa.gov/hca/p1findaprovider/

Approval Requirements

- Top surgery
 - Breast augmentation
 - One recent (within 18 months) full psychosocial evaluation from licensed mental healthcare provider





Recent (within 18 months) letter from HRT provider

Mastectomy

- One recent (within 18 months) full psychosocial evaluation from licensed mental healthcare provider
- Recent (within 12 months) letter of medical necessity from primary care provider
- Recent history, physical, and surgical plan from surgeon who will perform operation

Bottom surgery

Hysterectomy & orchiectomy

- One recent (within the past 18 months) full psychosocial evaluation from a licensed mental health care provider
- Recent (within the past 18 months) letter HRT provider
- Recent history and physical and surgical plan from the surgeon who will perform the operation.

Full bottom surgery

- Two recent (within 18 months) full psychosocial evaluations from licensed mental healthcare providers
- Recent (18 months) letter from HRT provider
- Recent history, physical, and surgical plan from the surgeon who will perform the operation

Facial feminization surgery

- One recent (18 months) comprehensive psychosocial evaluation from licensed mental healthcare provider
- o Recent (18 months) letter from HRT provider
- o Recent history, physical and surgical plan from surgeon who will perform operation

General Support and Resources

• Ingersoll Gender Center

- Trans peer support groups, trans-affirming provider directory, trans-affirming job board, resource and rights guides
- Website: https://ingersollgendercenter.org

• Gender Health Program, Kaiser Permenente, WA (Insurance limitations apply)

- Resources for primary care, case management, surgery evals, adolescent medicine, behavioral healthcare, speech therapy
- o Phone: 206-630-1929
- Email: Genderhealth@kp.org
- Website: https://healthy.kaiserpermanente.org/washington/get-care/additional-services/gender-health
- **Seattle's LGBTQ+ Center** (formerly Gay City)





- STI testing/prevention, prep, HRT, healthcare/insurance navigation, community resources, youth resources, arts
- Website: https://www.gaycity.org/

Utopia WA

- LGBTQ+ peer support, advocacy, sex worker empowerment, food access support, genderaffirming medical care based in Kent, WA
- Website: https://utopiawa.org/

HIV Care

HIV Early Intervention Program

- WA AIDS Drug Assistance Program, support with medication coverage and insurance eligibility
- Website: https://doh.wa.gov/you-and-your-family/illness-and-disease-z/hiv/hiv-care-client-services/early-intervention-program
- Medical HIV Case Management Resources by WA county
 - Website: https://doh.wa.gov/you-and-your-family/illness-and-disease-z/hiv/hiv-community-services/medical-hiv-case-management

Housing Opportunities for Persons with AIDS (HOPWA)

- Tenant-based rental assistance, permanent housing placement, short-term mortgage/rent/utility assistance, support services by county
- Website: https://doh.wa.gov/you-and-your-family/illness-and-disease-z/hiv/hiv-community-services/housing-opportunities-persons-aids-hopwa

People of Color Against AIDS Network

- Health, education, counseling, rehabilitation resources for POC in Seattle
- Website: https://www.pocaan.org/programs-services

Domestic Violence Resources

Community Security Program – Gender Justice League

- Temporary shelter coordination, resource navigation, flexible financial assistance, safety planning
- Website: https://www.genderjusticeleague.org/csp/

Northwest Network

- Advocacy, counseling, and community education for LGBTQ+ survivors of domestic violence
- o https://www.nwnetwork.org/

API Chaya





- Direct services and community outreach for Pacific Islander, Native Hawaiian, Asian, and South Asian survivors of sexual and domestic violence and human trafficking.
- Website: www.apichaya.org/

Housing Support

- WA HRC Housing Protections
 - o Information on housing protections for LGBTQ+ Washingtonians
 - o Website: https://www.hum.wa.gov/fair-housing/sexual-orientation-gender-identity-housing

Legal/Political Support

- Lavender Rights Project policy and social change advocacy, comprehensive care, and legal services for Black, indigenous, and LGBTQ+ Washingtonians, centering Black trans communities
 - Website: https://www.lavenderrightsproject.org/
- Equal Rights WA Advocacy and community outreach.
 - o Facebook: https://www.facebook.com/EqualRightsWashington/
- **WA Medical + Legal Partnership** Direct legal assistance for housing, public benefits, education, immigration, consumer protection, family law, and more.
 - Website: https://washingtonmlp.org/

Peer/Social Support

- Ingersoll Gender Center Peer Support Group Offered virtually with additional regular meetings for partners of trans and nonbinary individuals
 - Website: https://ingersollgendercenter.org/what-we-do/support-group/
- **UTOPIA Seattle** United Territories of Pacific Islanders Alliance Seattle Social and community support for Pacific Islander LGBTQI community in Seattle
 - Website: https://utopiawa.org/
- Emerald City Social Club Social and educational organization for trans community in Seattle
 - Website: https://www.theemeraldcity.org/
- Entre Hermanos Latinx LGBTQ+ community group for disease prevention, education, social support, advocacy
 - Website: https://entrehermanos.org/

Family/Youth Support

- Globe Youth Resources for LGBTQAI+ youth in Snohomish County
 - Website: https://www.globeyouth.com/





- Oasis Youth Resources for LGBTQAI youth in Tacoma
 - Website: https://www.oasisyouthcenter.org/
- Stonewall Youth Resources for LGBTQAI+ youth in Olympia
 - Website: https://www.stonewallyouth.org/
- Queer Youth Project Education, advocacy, and community services for LGBTQ+ youth in Bellingham
 - Website: https://www.nwys.org/queer-youth-services
- YouthCare Inclusive shelter/housing, early intervention, employment and education support for unhoused youth in Seattle
 - Website: https://youthcare.org/homeless-youth-services/
- New Horizons Case management, shelter, day programming, apprenticeships for unhoused youth in Seattle
 - Website: https://nhmin.org/
- Lambert House Leadership, social skills, social programming for LGBTQ+ youth in Seattle
 - Website: https://www.lamberthouse.org/

Financial Resources

- **Diversity Alliance of the Puget Sound** direct service, financial and material assistance for gender diverse Washingtonians.
 - Website: https://www.diversityallianceofthepugetsound.org/

Education/Career Resources

- Audria M. Edwards Scholarship Fund undergraduate or post-secondary education funds for LGBTQAI+ individuals or their children in Clark, Cowlitz, Skamania, or Wahkiakum Counties
 - Website: https://peacockinthepark.org/scholarship/
- **Pride Foundation Scholarships** Funding for any post-secondary education. Supports LGBTQ+ students who are residents of Washington, Alaska, Idaho, Montana, Oregon
 - Website: https://pridefoundation.org/find-funding/scholarships/guidelines/

