

Overview of Services

Our gender affirming hormone therapy services include:

- **Feminizing Hormone Therapy**, including estrogen and spironolactone
- **Masculinizing Hormone Therapy**, including testosterone

We work with transgender and gender-expansive patients, including people with binary (male or female) and non-binary genders. We may be able to start or continue hormone therapy and provide referrals for gender affirming therapy, surgeries and community resources if needed. We also offer gender affirming primary care at some of our health centers.

Who can obtain Gender Affirming Hormone Therapy with us:

- Anyone 18 and older who is able to provide consent
- Anyone 16-17 years old with parent or guardian consent (unless emancipated)

People 15 and younger who have periods can come to us for birth control options to stop periods. Parent/guardian consent is not required to get birth control.

Appointments/Labs:

- **Follow-up schedule:** If you're starting gender affirming hormone therapy, you'll have an initial appointment and lab work.
 - After that we must see you for 3 month, 6 month and 12 month follow-up appointments with lab work and to check in with you and make sure you are getting desired effects and not having negative side effects. It's your responsibility to call to schedule these appointments.
 - We may make changes to your medications based on your feedback and lab results.
 - If everything is stable and you're happy with your medications, after your 12 month visit we must see you once yearly for a follow-up appointment and labs, unless you'd like to come in sooner.

We are happy to help you with other aspects of gender care and gender affirmation, if these are things you're interested in:

- **Name/gender marker change letters:** We recommend the [Transgender Law Center's state-by-state guide](#) to changing legal identity documents. We can provide a letter saying that your gender is your gender for your court process and passport application.
- **Information on surgery:** You can schedule an appointment with us to discuss gender affirming surgeries and procedures. We can help you navigate those processes, give you lists of surgeons to check out, and write letters for your insurance plan. For some surgeries you need a letter from a therapist and a letter from a hormone prescriber. For others you'll need 3 letters: one from a mental health professional with a PhD or other doctoral degree, one from a therapist, and one from a hormone prescriber.
- **Referrals:** We can refer (send) you to a surgeon, and seek coverage from your insurance for the consultations, depending on your insurance plan. We may be able to refer you if your primary care provider (PCP) is not familiar with the process or educate your PCP so they can do it.
- **Therapists:** We maintain lists of gender affirming therapists, for a variety of insurance plans and sliding-scale payment options. Whether or not you want to talk with a therapist about gender issues, patients often prefer to see someone gender affirming for their mental and emotional healthcare. We can work with you to help you find a therapist you connect with.
- **Information on hair removal:** We may be able to help you find an affirming and accessible hair-removal location or talk to you about other ways decrease or remove unwanted hair.
 - **Insurance:** Most hair removal locations do not accept insurance but may have payment plans. You can call your insurance and ask if they have any contracted locations offering electrolysis or laser hair removal when medically necessary. If you find a hair removal location that accepts your insurance, we can help you seek authorization for coverage.
 - **Surgery:** If you are seeking hair removal to prepare for a gender-affirming surgery, it is helpful to have a consultation with a surgeon before initiating hair removal to learn about the process and create a timeline with your surgeon.

- **Fertility resources:** Fertility preservation (sperm and egg banking) is not usually covered by insurance at this time, but we can discuss fertility with you and share options for fertility preservation.
- **Vocal coaching:** This is not covered by insurance at this time, but we can provide you with contact information for gender affirming vocal coaching in person or online.
- **Community resources:** We can help connect you with community-based resources, depending on your location, like free binder programs, support groups, food pantries, LGBT shelters, crisis lines, microgrants, and the nearest LGBT centers and trans-specific events. Just let us know what type of support and community-building you're looking for, and we'll try our best to connect you. Feel free to share community resources with us if you feel comfortable.
- **Support for your loved ones:** If your loved ones need education about gender diversity issues, support in their learning process, or to build community, depending on your location we can connect them with support circles and educational resources, and can answer questions (with respect for your privacy) if they come with you to a visit.