



## Talking to Your Provider about your Health Care Needs

Establishing care with your provider is important to get all your health needs met and covered by your health plan. Your provider needs to know about you, your body and your health. Your doctor needs to know about **ALL** of you.

### Preparing for your appointment:

Go into your appointment with the utmost confidence that your provider can and should be caring for you, including prescribing your hormones and being able to refer you to an appropriate surgeon or specialist. You are entitled to care! Go in with this attitude. If your provider does not know about transgender people or prescribing hormones, we will make sure you have the tools to provide them so they can learn. If your provider refuses to learn or care for you, contact your GHC advocate immediately.

### Before your first/next appointment with your doctor, go over these talking points with your GHC advocate:

1. Your provider needs to know about ALL of you. **Besides transition-related needs, what other things have you wanted to talk to a provider about?** Do you have a lump somewhere? A mole? Do you have questions about safe sex practices? Do you have digestive issues? Do you get sick a lot? Do you want to talk about your diet/nutrition/exercise? Think of some things to talk about with your provider, besides your hormone prescription and surgery referral. You can list them here, or keep them in your head:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. California state health plans (Medi-Cal and private plans) cover your hormones and many transition-related surgeries. Let your provider know this.
3. Tell your provider that you would like them to prescribe your hormones. WPATH Standards of Care say that hormones can and should be prescribed in a primary care setting using an informed consent model. Tell your provider that you want to be in their care, that you feel safe and comfortable with them, and that you trust they know how to care for you fully.
4. American Academy of Family Physicians (AAFP) endorses and supports the WPATH Standards of Care for transgender patients.
5. Give your provider the GHC Provider Resource Packet you have with you.
6. Mention if surgery is a medical goal for you. Don't push getting a surgery referral at your first appointment. Again, you need to establish a relationship with your provider. That is the most important thing.

GHC Advocate: \_\_\_\_\_

916-455-2391