

# Gender-Affirming Care

## Giving you the tools you need to get the care you deserve

Whether you are starting the process of finding gender-affirming care, wanting additional information, or already have a plan, we are here for you every step of the way. At Providence Health Plan we can help carry some of that weight and offer support and guidance, when and where we can.



## What is gender-affirming care?

Gender-affirming care is life-saving healthcare and support for those across the gender spectrum. This can range from behavioral health services, medical care, and sometimes social services. Our gender-affirming care benefits align with the World Professional Association for Transgender Health (WPATH) standards of care.

### Examples of the services covered by Providence Health Plan include:

- ✔ Behavioral health services
  - Services available pre- and post transition if applicable
- ✔ Hormone replacement therapy (HRT)
- ✔ Voice/speech therapy training
- ✔ Surgical procedures include:
  - Top and bottom surgeries
  - Reconstructive facial and body surgeries
- ✔ Hair removal



## How to get started

We know that not one person's experience, or goals, are the same. Having you lead the way in what is best for you. We are here to support and connect you to the services and care needed to live your life, the way you want.

Here are a few ways to learn more about what's available to you and how best to access gender-affirming care and services:



## Reach out to your primary care provider (PCP) or a behavioral health specialist if you are already being seen by one

Be prepared to discuss with them what your goals are with your gender-affirming care journey. And make sure you are aware of the different medical or non-medical options that you are interested in exploring.

Need to establish care? Visit [ProvidenceHealthPlan.com/FindAProvider](https://www.providencehealthplan.com/FindAProvider) and filter by providers who offer gender-affirming care.



## Contact Providence Health Plan Customer Service

Our team is prepared to take the time to know you, your goals and how they can equip you with the knowledge you need to access services available to you.

Customer Service is available 8 a.m. to 5 p.m. (Pacific Time), Monday through Friday. Give us a call at [503-574-7500](tel:503-574-7500) or [800-878-4445 \(TTY: 711\)](tel:800-878-4445).