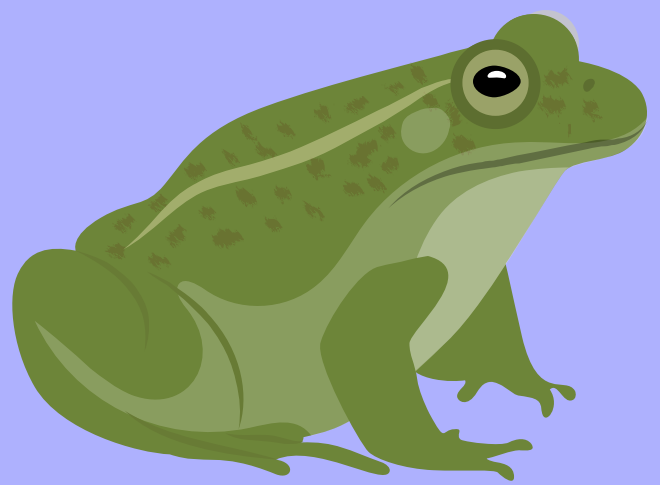


How To Find Gender Affirming Providers for HRT/GAHT in California

***HRT** stands for **H**ormone **R**eplacement **T**herapy
GAHT stands for **G**ender **A**ffirming **H**ormone **T**herapy*



Our healthcare system can be incredibly confusing. We have broken down the basics.

You generally need two things to begin HRT:

1. A gender affirming primary care provider (PCP)
2. Baseline laboratory blood tests



I need health insurance:

See if you qualify for [Medi-Cal](#) or [Covered California](#).

Some employers also offer healthcare.

I have insurance & I need a gender affirming primary care provider:

Find the following info from your **insurance card or paperwork**:

Insurance Plan: (e.g., Anthem Blue Cross, Kaiser, Cigna)

Plan Type: (e.g., HMO, PPO, etc. – All Medi-Cal plans are HMO)

Plan Source: (e.g., Medi-Cal, Covered California, employer, parent's employer)

Enter this info and your zip code into your insurer's provider directory to find local primary care providers (usually Family medicine, Internal Medicine, or Pediatrics for minors). You can also call physician's offices in your area if they take your insurance. Check provider bios and ratings on [Healthgrades.com](https://www.healthgrades.com) or similar sites to find a good fit.

Clues that a provider may be gender affirming:

- pronouns
- self disclosure
- mention of LGBTQIA+
- reviews say they listen to their patients about non-trans related issues

[Molina's healthcare directory.](#)

[Anthem Blue Cross' healthcare directory.](#)

[Sutter Health's healthcare directory.](#)

[California Blue Shield healthcare directory.](#)

[Health Net healthcare directory.](#)

[Cigna Healthcare Directory](#)

[Aetna Healthcare Directory](#)



I have a gender affirming PCP, I need an appointment for GAHT

Schedule an appointment with your PCP to ask to prescribe you with HRT.

Hormones **can and should be prescribed in primary care.** This will require only baseline blood work appointment prior to starting hormones.*

Since GAHT is considered primary care, **you should be able to get an appointment within 10 business days.** If you are being sent unreasonably far or told to wait for three or more weeks, please contact us so we can refer you to legal services.

If you're **under 16, you may need to do a physical evaluation with your PCP before starting hormones. This is a WPATH standard that checks for first signs of puberty. If you have any physical signs of puberty, you will pass this evaluation but it is usually still required under 16. This evaluation is more relevant for prepubescent younger folks.*



If you still have questions reach out to us!

Frequently Asked GAHT Questions

Do I need a letter from a therapist to receive GAHT?

Adults (18+): No, you do not need a letter for GAHT. You only need a letter for surgical procedures if the surgeon requests one.

Youth: You may need a letter to receive GAHT. There are many factors including age, insurance, etc. Contact us for assistance.

Do I need to see a specialist or an endocrinologist to receive GAHT?

No, your primary care provider should prescribe GAHT. World Professional Association for Trans Health Standards of Care state that referring to a specialist is not necessary.

Does the GHC prescribe GAHT?

We partner with UC Davis Medical School students and host bi-monthly GAHT prescription nights, affectionately known as *Haus of Hormones*. We make this service accessible to folks who are in-between insurances, do not have insurance and therefore do not have a PCP, or in emergency situations. Haus of Hormones has a waitlist that is a couple months long, so we advise that folks attempt to receive GAHT from their PCP first. Your PCP is a much more and consistent prescriber.



Frequently Asked Surgery Questions

I want gender affirming surgery. How do I get that process started?

Your PCP is your first stop to getting surgery. If you have a gender affirming provider, set up a physical or a general appointment to discuss gender affirming care. They will provide a referral to a surgeon.

If you don't have a PCP who is gender affirming, please refer to our "How To Find Gender Affirming Providers for HRT/GAHT in California" infographic.

The insurance and/or the referral department is incompetent and/or refusing to give me gender affirming healthcare. Can GHC help?

Yes. In this case, contact GHC and we will connect you with Legal Services of Northern California.

My provider is gender affirming but is unsure of how to prescribe GAHT or surgery. Can GHC help?

Yes. Your provider can contact Alej (they/them), Director of Healthcare Services at Gender Health Center at Alej@ghcmail.org. They will connect your provider with another gender affirming provider who is knowledgeable about GAHT.

My doctor was transphobic or not supportive of my decision to start GAHT. Can GHC help?

Yes, please reach out to us so we can refer you to Legal Services of Northern California.

