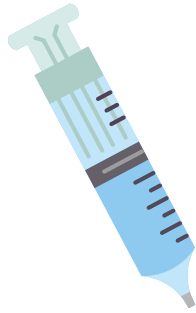


ACCESSING GENDER AFFIRMING HORMONE THERAPY

Did You Know?

You can access gender affirming care such as gender affirming hormones through the student health center (SHS) without needing a referral.



What is GAHT?

Gender Affirming Hormone Therapy (GAHT) is the use of hormones to achieve desired secondary sex characteristics.

Most commonly, **estrogen** is used for feminization and **testosterone** is used for masculinization.

[**Want to Know More?**](#)

What are the Requirements for Starting GAHT?

- A history of 6+ months of **gender dysphoria** or incongruence.
- The capacity to make **informed decisions** and provide informed **consent**.
- Legally an **adult** (18 years old in the US).
- **Mental health** concerns are “reasonably well controlled.”

WPATH SOC 8 Clinical Practice Guidelines

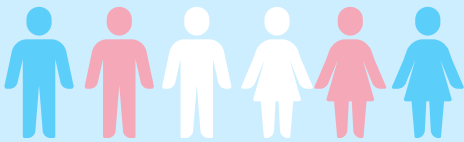
What Does Accessing GAHT Look Like at SHS?

1. Initial visit to discuss goals of therapy and confirm gender dysphoria or incongruence.
 - Discuss informed consent form including potential effects of GAHT.
 - Get blood drawn for labs.
 - Some providers may want several visits before starting hormones, while others may initiate after the first introductory visit with labs.

Provider-patient relationships vary; most providers do not require a therapist, but this may depend on how comfortable the provider is determining mental health stability and gender dysphoria.

2. Follow up visit to discuss lab results and initiate GAHT.
3. Follow up in one month; may increase dose.
4. Follow up two months later and recheck labs; may increase dose again.
5. Follow up every 3 months with labs for the first year of therapy.

[**Want to Know More?**](#)



Confidentiality

HIPAA ensures you have a right to private and protected health information.

- Adults 18+ have sole ownership of their health information unless they give permission for their information to be shared with specific individuals. This is the case even for students on their parents' health insurance plan.

This means *you can keep your healthcare information completely private, even if you are on your parents' insurance.* There may be some things that show up on bills, but information such as office visits summaries will not be sent to parents unless requested by the student.

The **mywellbeing** student health portal can be fully confidential; because the portal uses your Net ID and password, changing your password will log out any other users. This is where all information regarding student health visits, lab results, and medication orders can be found.

Insurance

For those with **UVM student insurance**:

- The plan changes and renews yearly, and always covers GAHT.

For those with **private insurance**:

- Call your insurance to see what they cover with your plan. Individuals 18+ years old can create their own profile and set limits to what information parents have access to if on a parent's health insurance.

SHS has an insurance specialist on staff for those with specific questions or concerns.

Transgender Legal Defense & Education Fund's *Trans Health Project* (TLDEF)

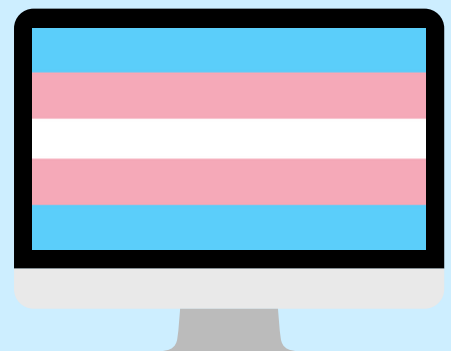
This site has information to help you understand your health insurance plan, make an appeal for denied care, and more.

transhealthproject.org

More questions? Reach out to PRISM staff at prism@uvm.edu or call Student Health at (802) 656-3350.

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