

Gender Affirming Hormone Therapy Welcome Packet

Medical Services

Planned Parenthood of Illinois (PPIL) offers **Gender Affirming Hormone Therapy (GAHT)** services using an informed consent model. This means we will review the benefits and risks of **GAHT** with you, ask questions about your medical history, answer questions you may have, and make a plan to support your goals.

Gender Affirming Hormone Therapy: Individualized Dosing & Meeting Your Goals

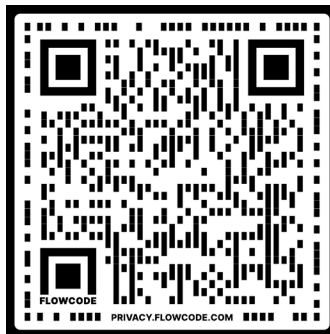
Gender identity is personal and individualized. Some people identify as male or female and may seek to maximize the effects of **GAHT**. Other patients may identify as non-binary or gender fluid and desire fewer body changes, or may want to seek more fluid presentation. While we cannot pick and choose where hormones act on the body, or predict just exactly how hormones will affect your body, you and your medical provider can make a medication plan to best meet your goals.

Some people feel comfortable stopping the medication once they have seen some of the permanent changes to their body. There is nothing wrong with this decision. However, we encourage you to make a plan with your medical provider if you are planning on stopping medications.

Case Management & Behavioral Health Support

We realize that hormone access is only one part of gender affirming care. If there are other resources you need, such as surgical letters, help with name and gender marker changes, therapy/counseling referrals, community resources, etc., our gender affirming services team is here to help you.

Go to ppil.org/GAHT or scan the QR code below, and scroll to the bottom of our page for a comprehensive list of gender-affirming resources and supports. If you would like resource lists printed for you, just ask!



You may reach us at **1-877-200-PPIL** with any questions or concerns.

Planned Parenthood of Illinois strives to be a safe and respectful space to the trans and nonbinary community. We welcome your feedback on suggested areas of improvement.

Medications Access:

Important facts to know / patient responsibilities for beginning and refilling your gender-affirming medications

GAHT Medications require a prescription and will be sent to your preferred pharmacy. If you have insurance, they may cover some of the cost of these medications. Sometimes insurance coverage of medications can be difficult to navigate.

The following is meant to be a guide for helping you advocate for your care. **PPIL** is here to help!

What Name Will Be On My Prescriptions? Chosen vs. Legal Name

- Medications will be sent under the name listed on your insurance /legal name.
- Doing so facilitates insurance coverage of medications and coordination with pharmacy.
- You may be able to reach an agreement with your pharmacist to create a second patient profile in your chosen name and gender, and include your chosen name on your prescriptions until such time you are able to change your legal name.

What is a Drug Formulary?

- A **Drug Formulary** is a list of prescription medications that determines how much you will pay for the medication. Each Insurance plan has a different Drug Formulary.
- If a medication is “*non-formulary*” it means insurance may not cover the cost without additional clinical documentation or trying the formulary or “preferred” medications.
- Consult your insurance drug formulary with questions regarding coverage.
- Drug formularies are accessible by calling your insurance’s customer service line or by visiting your plan’s website.

What is Prior Authorization (PA)?

- **Prior Authorization (PA)** means that we must obtain approval from your insurance company **before** the insurance will provide full/partial coverage of a medication.

Prior Authorization Process at PPIL:

- Once a prescription is sent to the pharmacy, if a **PA** is needed, the pharmacy will fax us a request.
- We will submit an electronic **PA** request to the insurance company for approval or denial
- **PAs take time:** Most insurance companies respond within **2-5** business days. The entire process can take **7-10** days **before** a prescription is approved and ready for pick up. We will do our best to get these medications approved in a timely manner.

What if my Prior Authorization is Denied?

- **PAs** are often denied for **non-formulary medications** without a thoroughly documented trial and failure of the preferred formulary medications and medical rationale for prescribing the non-formulary medication.

What If I Don't Have Insurance, How Do I Pay for medications?

- **Planned Parenthood of Illinois** offers free discount cards at our health centers (such as **GoodRx**) which can provide a discount of up to **80%** off your prescription's retail price.

Tips to Avoid Running Out of Your Medications:

- Be aware of how many refills you have remaining. This can be found on the medication prescription label:

| | |
|---|----------------|
| RX Local Pharmacy | (555) 555-5555 |
| 1600 N Main Street, IL | |
| Dr. Planned Parenthood of Illinois | |
| Rx No: 2002212345 | |
| PATIENT NAME | |
| Dose: Take one pill sublingually, twice daily | |
| Estradiol 2 mg tablets | |
| Qty: #60 | |
| REFILLS: 0 | ← |

- When the label says “**zero**”, it’s time to make sure you have a follow up appointment.
- **Obtaining additional refills is contingent on attending regular follow-up visits and lab work.**
- Set reminders in your phone when it is time to book a follow-up appointment.
- Schedule follow-up visits at least **7** business days **before** you run out of medication so there is time to complete the refill/**PA** process, if needed.
- If you run out of medication before an appointment, call us for a limited refill.
- If you change insurance or receive new insurance and prescription drug plan cards, bring these to the health center as soon as possible – this information is needed to complete **PAs**.
- If your dose, quantity or route of medication changes a new prior authorization may need to be filed for approval.

Plan for Follow-Up Appointments

Labs

Labs drawn today: _____

In **7-10** days, lab results will be available on the patient portal. If there are any concerns with results or we need to change the plan of care, we will contact you.

Prescriptions & Refills

Your _____ month prescription will be sent to _____ pharmacy.

Be aware of how many refills you have remaining. When you pick up your final refill, it is time to call us to schedule an appointment so you will not run out of medication. If you run out of medication before an appointment, call us for a limited refill before you come in.

Follow-Up Appointment

Come back for your next appointment in _____ months.

You can schedule your next appointment up to **1** month in advance.

At follow-up appointments we will:

- Hear how things has been going for you: any positive side effects or negative side effects.
- Draw labs to check hormone levels and other labs as indicated.
- Send refills.
- Make a follow up plan.

Injections & Bloodwork

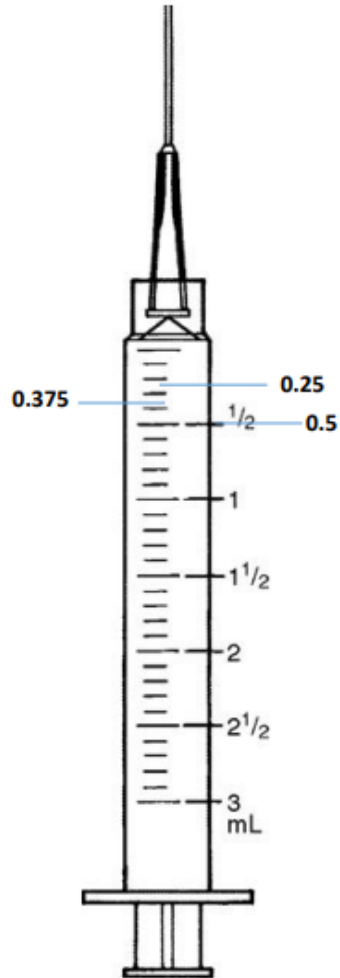
If you use injections, the best time to get accurate labs is the **middle** of your injection cycle.

Your injection day is _____.

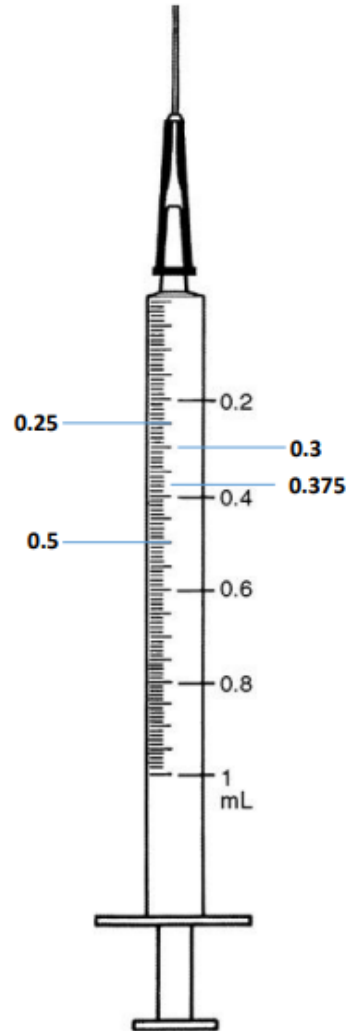
Try to come in for your blood work on a _____.

- ▶▶ If you do your injection **every week**: labs should be done **3-4** days after injection.
- ▶▶ If you do your injection **every 2 weeks**: labs should be done **7** days after your injection.

3 mL syringe



1 mL syringe



Depending on the Pharmacy you may get “3 mL or 3 milliliter syringes” OR “1 mL or 1 milliliter syringes”

- $0.25 = \frac{1}{4}$
- $0.5 = \frac{1}{2}$
- $0.75 = \frac{3}{4}$

Needles come in different sizes or gauges; the smaller the number the bigger the size of the needle:

- 18G : needle for drawing up the hormone
- 22G : intramuscular injection needle
- 23G : intramuscular injection needle
- 25G: subcutaneous injection needle
- 27G : subcutaneous injection needle