

CLINICAL SERVICES



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Transgender Primary Care Services

However you define transgender, if you need information, health care, support or someone to talk to, we are ready to serve you. We believe that being trans/gender variant is a gift and you deserve to be provided with the best services possible. We have provided trans services for trans-feminine/trans-masculine/intersex identified clients.

And we are one of the best kept secrets in the Bay Area. Our providers have received training from Dr. Nick Gorton, M.D. from the Lyon-Martin Health Services in SF.

Transgender Primary Care Services Step by Step Guide

Tri-City Health Center's Transgender Services are available on Mondays and select Thursdays. Our Transgender team approach is based on the belief that you should be empowered to make an informed decision on whether hormones are the right choice for you.

Our hormone access is based on the concept of **"informed consent."** This means that at the time you give your consent for hormones:

- You have the ability to make an independent decision
- You have all of the necessary information, knowledge, and education to understand the potential risks and benefits of the choice
- You are able to anticipate how that choice may impact you now and in the future.

All clients wanting hormones must screen for HIV/STD's unless they have proof of this testing within the last three months. This is recommended by the Tom Waddell Clinic Hormone Protocols

The TransVision Team and our medical providers are here to respect your decision to begin/continue hormone therapy and help guide you through the process.

To Download this Step by Step Guide:

Click Here for English

Click Here for Spanish

Here is how it works:

Step I. Eligibility

A TransVision staff who is trained in Hormone Education and Counseling will call or email and screen for Tri-City Health Center eligibility, reasons for wanting a hormone consultation, and as tell you what to bring for your first appointment. They will schedule an appointment to meet with you for your in-person Hormone Education and Counseling Session on a Monday or Thursday.

Tiffany Woods: 713-6690 Ext 6121

Tanajsha Thomas: 713-6690 Ext 6252

Lee Staub: 713-6690 Ext 6240

Step II. Hormone Education and Counseling Session

A Hormone Education and Counseling Session is a 30 minute in-person educational opportunity for you and the TransVision Counselor to talk about specific needs, goals, and expectations regarding hormones and/or gender transition, discuss the risk factors associated with hormone therapy, review the *Informed Consent for Hormonal Therapy Form*, and explain the transgender primary care services at TCHC.

To Download the Hormone Education and Assessment Session Info Sheet:

Click Here for English

Click Here for Spanish

Step III. Enrollment

A. Alameda County Residents:

1. Do you have Medi-Cal, Medi-CARE, or Alameda Alliance?

If you live in Alameda County and have Medi-Cal, Medi-CARE, Alameda Alliance, or other public approved insurance and verified, you will be given TCHC registration forms. Please note: this is done prior to the Hormone Education and Counseling Session.

- **All Tri –City Health Center Forms, including Registration/Enrollment Forms, must be in your current legal name. If that means your birth name, then that is what we must use by law.
If you have a legal name change in court, than that is what you use**
- **We will include a note on all Registration/Enrollment Forms indicating the name and pronoun that you prefer if there is no legal name change yet.**

2. Are you uninsured?

If you are an Alameda County resident and have no insurance and are eligible for the County Medical Services Indigent Program, (CMSP/Health PAC), TransVision staff will set up an appointment for CMSP/ Health PAC enrollment prior to your first medical appointment.

Please note: If you do not qualify for CMSP/ Health PAC, TCHC Sliding Scale or Private Pay Scale will be used as applicable.

B. Non-Alameda County Residents:

If you have full Medi-Cal or Medi-Care coverage, we can see you; otherwise TCHC Sliding Scale or Private Pay Scale will be used as applicable.

To Download TCHC Enrollment Forms: [Click Here for English](#)

To Download List of Approved CMSP documents:

[Click Here for English](#)

[Click Here for Spanish](#)

Step IV. Medical Appointments

1. At the first medical appointment, the provider will:

- a. Discuss hormones/primary care issues and may order lab work.

You will be instructed to fast before your first appointment by the TransVision staff after the staff consults with the medical provider.

b. Take a health history that will determine any medical issues/conditions that could affect hormone therapy.

c. If you are a Sliding Scale or Private Pay Scale, you will be asked to pay all/half/or whatever you can pay at the end of the first appointment.

2. The second appointment will take place five or more days after the first. At this appointment:

a. STD and HIV testing will be completed if it was not done during the first appointment

b. You may be given a hormone prescription if you completed testing during your first visit or if you have proof of this testing within the last three months.

c. Tri-City Health Center does not cover the cost of the actual hormones. You will have to pay for them out of pocket, unless your insurance covers them. Once you receive a prescription, you may fill it wherever you feel it is best for you. TransVision will provide you with a list of pharmacies that are known to be easy to use or which cover certain hormones or gender transition medications on low-cost plans.

Please Note: If you have any positive STD results, treatment must be completed before a prescription can be provided. If your HIV test results are positive, this does not mean that you aren't eligible for hormone therapy, but you must have follow-up HIV testing and be evaluated by an HIV specialist before beginning hormone therapy.

If you have other medical conditions, the provider will work with you to try to resolve them, whether or not they could be affected by hormone therapy.

Step V. Follow-up

1. You will have a follow up appointment with the medical provider three months after starting hormone therapy. Lab work may be ordered before or after this appointment.

2. At three months after any dosage increase

Completing these steps to begin or continue hormone therapy is important but so is maintaining your overall health and wellbeing. Your whole body deserves attention. It is important to continue general health prevention and screening checkups that include:

- Sexual health including regular HIV, STD, Hepatitis A/B/C screening and prevention
- Breast care such as mammograms
- Gynecological care such as pap smears
- Prostate exams
- Anal Health: Anal paps
- Other primary care screenings as needed and recommended by your physician
- Oral health that includes dental care
- Maintaining a healthy diet and lifestyle, that include exercise

Safe Injection Resources

Great self-injecting videos for transmen:

<http://youtu.be/PdlduQ4G20g>

<http://www.stroheckersrx.com/injectionfacts.html>

Handouts:

Self-Inject in 25 Easy Steps handout: [Click here](#)

Click on our **MATERIALS AND LITERATURE** Page for our "[How to Inject Hormones Safely](#)" downloadable lobby card

We also provide free hormone syringes/bios/ and free syringe disposal at our State Street location. For info, ask for Tiffany, Tanajsha, or Lee, or Generations Staff.

Smoking Cessation Referrals



Our LGBTQ tobacco prevention and education program "Just For Us" offers local referrals for LGBTQ members who are interested in quitting smoking. Our health education staff can also provide assistance with helping you setup a quit smoking plan that works for you! You can also pick up additional material about quitting smoking, find out about our second hand smoke community advocacy effort and learn about how you can make a difference by helping out. Ask for Lee Staub.