

Gender-Affirming Health Care

FOR OUR YOUNGER MEMBERS AND THEIR FAMILIES



WE'RE HERE TO HELP

Do you see yourself (or does your child see themselves) as transgender, non-binary, or gender-diverse?

Are you struggling to understand your gender or support a family member in their gender? You are not alone. Partnership HealthPlan of California is here to help you get the care and support you need. We are your partner in health, from everyday issues to gender-related needs.

GETTING CARE

Partnership covers all medically needed Medi-Cal-covered gender health care. Partnership can link you to doctors and specialists (health care experts) who know a lot about gender health care. **Call our Care Coordination team at (800) 809-1350 to learn more.**

BENEFITS

Talk to your (or your child's) doctor or our Care Coordination team about these covered Partnership benefits:

- Mental health care
- Puberty blocker therapy
- Hormone treatments
- Surgeries and procedures

Partnership also can link you to other resources and gender-health information.

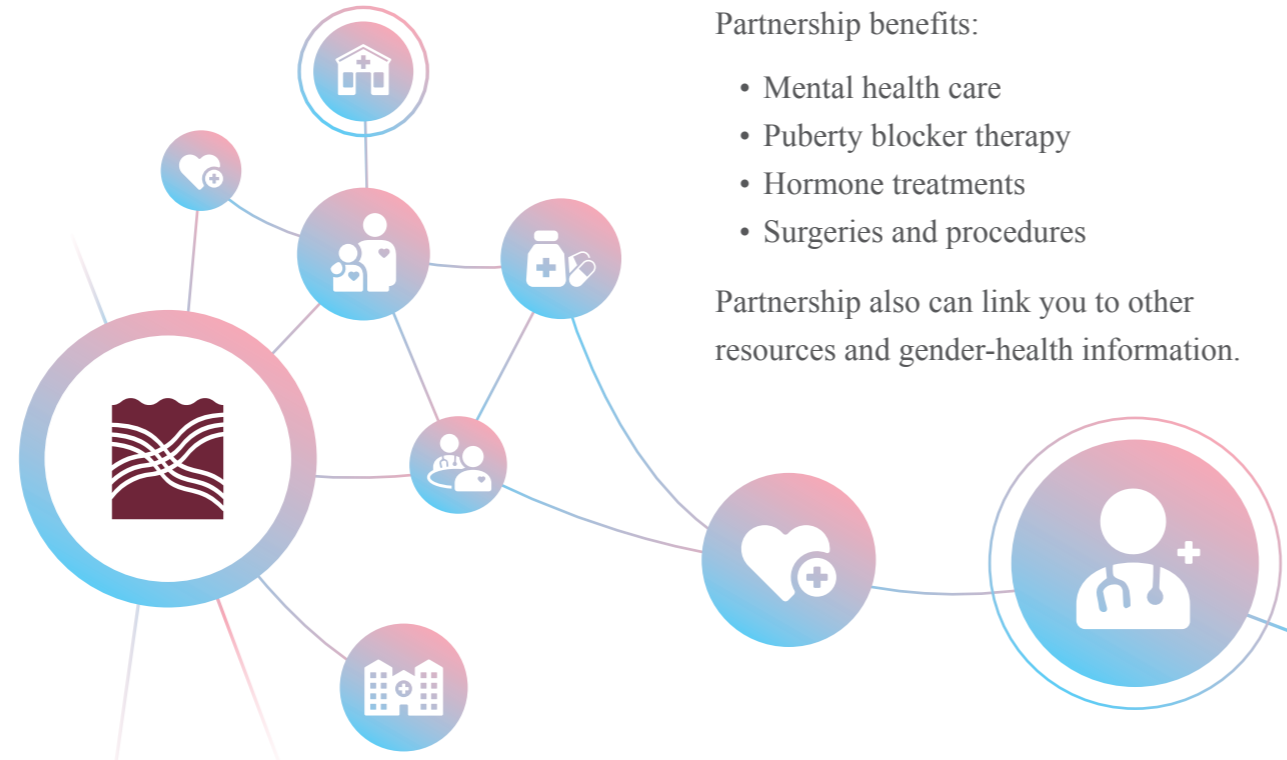
WHAT YOUNGER MEMBERS CAN DO

Note: For children under 12, families would need to help with some of the following.

- Set up routine visits with your doctor.
- Ask your doctor about gender-related mental health, medical or surgical care. Your doctor can provide you with any referrals for needed care.
- If you need a doctor, or want to find a new doctor, our Member Services team is here to help.
- Be open with caregivers about your thoughts and feelings so they understand what you're going through. You aren't alone in figuring out how to get help. We are a call away.
- Take an active role in your health care. Tell your doctor what helps you feel most comfortable during an exam or what your gender-related goals are. The more you can share your needs, the better your care team can help support you.
- Explore available resources. You can find support groups, legal help, and more on our website.

WHAT FAMILIES CAN DO

- Join your child at doctor visits. If your child is 12 or older, join them at doctor visits if they are open to having you there. Talk with the doctor about goals. Allow your child or teen to share their feelings and needs. Think about learning what are the best terms or phrases to use to support your child during these doctor visits.
- Don't forget to get the help you need yourself! It is normal to have questions and feel unsure of the best way to support young people through gender health.
- Try writing how you feel in a journal if talking about gender health and gender identity is hard for you.
- Find a local or online support group where you can meet others who may be going through similar feelings and experiences as you.



Click the link below or scan the QR code, click on your county, and then click the LGBTQ+ icon.

www.PartnershipHP.org/Community/Pages/Community-Resources.aspx

