



Transgender Support Services

The Meritain Health® Medical Management Program is now offering gender support services within Case Management. This includes: behavioral health services, hormone therapy, gender affirmation surgery and more. Our team is committed to helping you on this journey.

How to get connected with our team

When you or a provider call to precertify a gender reassignment surgery or ask about hormone therapies, you'll be referred to our specialized team. We manage your case beginning with precertification to case management, and everything in-between.

Our team can help you with:

- Understanding plan coverage*
- Finding a provider
- Behavioral health services
- Hormone therapy and medications
- Surgical services
- Health and wellness support

*Your coverage for gender transition services depends on your health plan and certain state and federal laws.

Behavioral health services

We recognize it may be helpful to speak with a behavioral health provider on your journey. So, we have nurses and licensed social workers on our team to support you every step of the way. A critical step in your transition planning is recognizing your mental health and well-being. Before you can schedule a gender affirmation surgery, you will need:



- One letter from a behavioral health care provider for breast surgery.
- Two letters from behavioral health care providers for genital surgery.

Your primary care provider (PCP) can help you find the right behavioral health provider and services for your needs.

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Hormone therapy

During your transition, hormone therapy may be used to match your gender identity and body. Your PCP will be able to discuss any risks or side effects and will ensure you're prescribed the correct dose of hormones needed. If you're considering surgery and consume alcohol and/or tobacco, please talk to your PCP about associated risks.

About gender affirmation surgery

If you decide to have a gender-affirming surgery, we're here to support you every step of the way. If you need help finding an appropriate surgeon, ask your PCP for a referral or give us a call. Once a surgeon is determined, we'll help to get any precertifications you need. You may be covered for a variety of surgeries, including:

- Breast removal or augmentation.
- Removal of reproductive organs.
- Creation of exterior sexual organs.

You can find out which surgeries are covered or excluded and which services have limits by contacting the number on the back of your ID card.

Staying healthy after surgery

It's very important to take care of yourself after your surgery. Ask your PCP about any specific lifestyle habits, exercise limitations and more. After surgery, you're also covered for preventive health services based on your birth anatomy. This includes screenings for breast cancer, cervical cancer and prostate cancer.

Gender support services

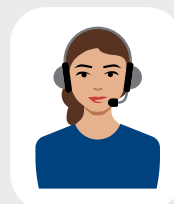
Depending on your plan, you may be covered for a variety of other services, including:

- Facial changes to make you look more masculine or feminine.
- Decreasing the size of an Adam's apple.
- Chest implants.
- Voice modification surgery.
- Electrolysis.
- Hair grafts or implants.
- Body contorting.

To find out what surgeries are covered or excluded by your plan, call the number on the back of your ID card.



Questions?

If you have any questions, we're here to help! Just call the number on the back of your ID card.



Simple. Transparent. Versatile.

At Meritain Health®, we're creating unrivaled connections.

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