

## LGBTQ+ HEALTH

# Find affirming care that understands your experience

Lesbian health often gets overlooked — providers make assumptions about what screenings you need, dismiss your relationships, or don't understand your specific health concerns. Included Health connects you with affirming providers who can give you the appropriate care you need and an LGBTQ+ led Care Team who understands what you're going through.



## How we can support your unique needs

- Find doctors and therapists who understand lesbian-specific challenges
- Search for providers who validate your partnerships and include your spouse
- Connect you to fertility services, adoption resources, and family-building support
- Provide education about STI prevention, cancer screenings, and more



## What you can expect from respectful care

- Screenings based on your body — not assumptions about your partner
- Attention to specific health risks affecting the lesbian community
- Family planning discussions like fertility, adoption, and co-parenting
- Mental health support for stress linked to discrimination
- Providers who respect your partner as family

## Questions to ask your provider

- ✓ Do I need STI testing even though I have sex with women?
- ✓ Do I still need Pap smears regardless of my partner's gender?
- ✓ Are you familiar with lesbian-specific health concerns?
- ✓ Do you have experience working with lesbian patients and their partners?
- ✓ Can you help me with family planning options?

**Get care**

[includedhealth.com](https://includedhealth.com)

