

LGBTQ+ HEALTH

Experience care without explaining who you are

Healthcare for trans and non-binary people shouldn't mean fighting through misgendering, insurance denials, and gatekeeping. Included Health connects you with culturally inclusive providers, helps you navigate insurance for gender-affirming care, and provides support that respects your identity.



How we can support your unique needs

- Find providers who use your correct name and pronouns from day one
- Help you with approvals, appeals, and support letters
- Provide fast connections to gender-affirming providers and surgeons
- Connect you to doctors experienced in HRT and transition support
- Search for therapists who understand trans experiences



What you can expect from respectful care

- Consistent use of your correct name and pronouns
- Informed consent for HRT — no gatekeeping or "proving" required
- Insurance support for gender-affirming surgery and care
- Providers trained in HRT, surgery, and transition options
- Mental health support without justifying your identity
- A safe environment free from misgendering and discrimination
- Family planning discussions that respect your body and goals

Questions to ask your provider

- ✓ Do you practice informed consent for HRT, or do you require gatekeeping?
- ✓ How many trans patients have you treated?
- ✓ What's your experience with gender-affirming surgery?
- ✓ Can you help me navigate insurance approvals and write support letters?
- ✓ Do you have experience with fertility preservation before HRT?
- ✓ How do you create a safe environment for trans patients?

Get care

includedhealth.com

