



We're pleased to welcome you to our Gender Affirming Hormone Therapy and Sexual Health Services program! Thank you for choosing Planned Parenthood.

You are receiving this letter to let you know about our approach to patient care and what you can expect at your first visit for gender affirming hormone therapy (GAHT) at Planned Parenthood.

What can I expect from my initial visit?

- A medical history intake and consultation with one of our clinicians that may or may not involve an exam. Your clinician will discuss with you your treatment goals and work with you to determine the appropriate medication for you as well as the ideal method of hormone administration. This visit will also include a consenting process where you will have an opportunity to learn about risks and benefits of treatment, and to ask any and all questions about GAHT.
- Lab testing to ensure hormone therapy options you and your clinician have selected are safe for you. On occasion we will also recommend checking hormone levels.

If you have any lab work or medical records, bringing them to your visit can be helpful. We are happy to avoid reordering lab work that you have recently had with another provider.

When will I get a prescription? At your first visit, we will do all of the above. When your lab tests return (usually in about a week), your clinician will write a prescription for GAHT, which you can pick up at your pharmacy of choice. If you choose a hormone therapy option that involves injections and need to learn how to inject your medication, you can return for a second visit for a teaching on self-injection with a nurse.

Do I need a referral from a mental health professional? No. We believe that when patients are fully informed about the risks and benefits of GAHT they don't require a mental health referral. Some of our patients, however, benefit greatly from therapy and report positive experiences, and we are happy to provide mental health service referrals upon request.

I need other resources for gender-affirming care. At your visit, we will provide you with a packet of resources for medical and community support across Massachusetts for transgender, gender-nonconforming, and non-binary individuals. You can also always call our Counseling and Referral Hotline at 1 (800) 258-4448.

Security Access: At our Boston and Springfield locations, all patients must walk through a metal detector and have their bag searched before entering the facility. Weapons of any kind are not allowed in Planned Parenthood health centers.

Questions, concerns, or feedback? Please call 1 (800) 258-4448.

Welcome! We look forward to seeing you at your appointment.

