

Becoming more **YOU** with Gender Health SF

We're ready to partner with you so you can take the next step toward becoming more of the person you know yourself to be. Gender Health SF can help you learn about the kinds of surgeries and procedures that can make your body become more YOU. Whatever decisions you make, just know that you're not alone—you can count on us to be your partner.



YOU'RE ON YOUR WAY TO BECOMING MORE YOU, AND WE'RE HERE TO HELP.

The mission of Gender Health SF is to increase access to quality gender-affirming health care for underserved transgender and non-binary people in San Francisco, regardless of immigration status and/or lack of income.

NOTES:



sfdph.org/genderhealthsf

genderhealthsf@sfdph.org
(628) 217-5788



Welcome to Gender Health SF

With Gender Health SF as a partner,
you're on your way to becoming more you.

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GENDER HEALTH SF

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WHO IS GENDER HEALTH SF?

Gender Health SF was established in April of 2013 by the San Francisco Department of Public Health (SF DPH) to provide access to gender-affirming surgeries and to provide related education and navigational services to transgender, nonbinary, and gender-expansive adults, with an emphasis on uninsured and publicly insured residents of San Francisco. We are a team of peer navigators, public health advocates, mental health, and medical providers committed to the highest quality patient-centered gender-affirming care available. We are a part of your public health department, and we work closely with your primary care provider and care team to help you reach your surgical goals. Our peer-led navigational services are available to referred patients.

PEER-LED NAVIGATION SERVICES INCLUDE:

- Provide resources and information to help a patient reach their surgical goals.
- Provide peer-lead group and one-to-one patient education.
- Offer support with surgeon selection process.
- Teach self-advocacy skills with patients.
- Accompany patients to consultation appointments as needed.
- Engage patients in wellness, such as smoking cessation, mindfulness, and healthy nutrition.
- Care coordination



Who Is Eligible?

TO QUALIFY FOR THE PROGRAM, YOU MUST BE:

- A resident of San Francisco
- Engaged with primary care at a DPH SF Health Network or Consortium clinic in San Francisco
- Enrolled & covered by Medi-Cal, Medicare, Healthy San Francisco, or have a San Francisco managed Medi-Cal plan—SF Health Plan, Anthem, Healthy Workers, or Healthy Families.

Special consideration is made for patients under age 18

How Can I Be Referred To Gender Health Sf?

A completed referral from your primary care clinic is required to be assigned and provided with navigational services at Gender Health SF. Patients should work with their care team to connect with the appropriate providers who can help you complete the necessary documents.

A complete referral has two main components:

1. A letter of support from a clinician, typically a mental health provider
2. A medical referral from your primary care provider

What Happens Once I Am Referred To Gender Health?

We want to get to know you! Once we receive a completed referral, our clinical team will process your referral, then you will be assigned a navigator. Your navigator will reach out to schedule a short intake, discuss your goals, who your surgeon choices are based on insurance, and next steps. Once we know what surgeon you want to consult with, our team will request approvals from your insurance.

Once approved, our team will send a completed referral to the surgical practices, who will schedule your consultation. Preparing for your consultation with your navigator can yield a more successful and fulfilling consult experience. A navigator can also accompany you to the appointment if desired.



How Long Will I Have A Navigator?

Navigational services remain in place throughout the consultation and informed consent process with surgeons, to the scheduling and completion of surgeries you have been referred for. Navigators will follow-up with patients during their recovery process, which can extend from 6 months to one-year post-op. Patients may be referred for multiple surgeries; thus, patients will receive navigational services until all surgeries have been completed.

What Surgeries Do I Have Access To?

Coverage for gender-affirming surgeries depends on your insurances or benefit program. We recommend you discuss your surgical goals and needs with your primary care provider to understand options that are based on your insurance. Your assigned Gender Health navigator can provide additional surgical education for:

- Gender-affirming top surgery
- Gender-affirming facial surgery
- Gender-affirming body contouring
- Orchiectomy
- Hysterectomy & Oophorectomy
- Vaginoplasty & Vulvoplasty
- Metoidioplasty & Phalloplasty
- Hair restoration
- Speech therapy & Vocal Surgery

Our Gender Health SF team looks forward to partnering with you in your journey to becoming more **YOU!**