THE MORE YOU KNOW

Finding affirming providers for transgender and gender diverse people can sometimes be a challenge. Below are some tools to help you with your gender journey.

1. FIND AFFIRMING PROVIDERS
   Affirming medical providers can advocate for your health and help navigate your gender journey.

2. BE PREPARED TO SHARE
   Share your affirmed name, pronouns, and sex recorded at birth with your medical provider to avoid misgendering.

3. IDENTIFY FRIENDS OR FAMILY WHO CAN SUPPORT YOUR JOURNEY
   It’s important to have support from family, friends, and allies. Your support system can celebrate your triumphs and foster your well-being.

4. FIND A SUPPORT GROUP
   Support groups offer a bond of understanding and empathy with others who have a shared experience. Support groups come in the form of face-to-face meetings or online communities.

5. KNOW YOUR MEDICATIONS
   It’s important to know the name and doses of medications and/or supplements you are taking and any allergies you may have.

6. GET THE PROPER SCREENINGS
   Regular check ups and screenings are essential to longterm health. Screenings can identify conditions early and guide best decisions with your care provider.

7. HAVE COPIES OF YOUR MEDICAL HISTORY
   Your medical history gives your provider a road map for your health needs. It helps your provider understand if you are at risk for any chronic diseases. Your health history can also guide gender-affirming therapies if you decide to pursue these.

8. EXERCISE REGULARLY AND MAINTAIN A HEALTHY DIET
   It is important to eat well, exercise and maintain a healthy weight to reduce longterm health risks, especially if you are on hormone therapy. Eating well and exercising can improve health and well-being.

9. KNOW YOUR RIGHTS
   Discrimination can come in many forms. Your healthcare provider can give you resources to help advocate for your healthcare rights.

10. ASK QUESTIONS
    Asking questions and giving your provider feedback can improve your care. Having open discussions with your provider builds trust, satisfaction, and improves results.
KNOW YOUR HEALTHCARE TEAM

Decisions about medical care for transgender and gender diverse people should be a collaborative decision. Talk honestly with your healthcare provider about your goals.

Remember you are the most important part of your medical team. Know the facts and advocate for yourself.

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You have questions. We have answers.
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