

# Overview of Adult Transgender Health Services at Kaiser Permanente Mid-Atlantic States

## Kaiser Permanente Mid-Atlantic States Gender Affirming Care – Adult Program Overview

We are proud to partner with our transgender and gender nonbinary patients and families to address their comprehensive health care needs. Our teams work together to provide comprehensive care for Kaiser Permanente members needing gender-affirming services.

Our specialist team consists of providers from internal medicine, gynecology, psychiatry, surgery, case management, nursing, and community health navigation who provide high-quality, gender-affirming:

- Hormone therapy
- Sexual and reproductive health care
- Mental health services
- Surgical evaluations and procedures

### What to expect?

1. The conversation around gender affirming services begins with a conversation with our **Nurse Case Manager**, who specializes in coordinating transgender and gender affirming care for our members. Please call 301-321-5126 and leave your name, medical record number and mention your interest in transgender care or services.
2. If you have started care outside of Kaiser Permanente, you will need to obtain all of your medical records associated with gender affirming care.
3. Based on where you are in your journey, you may be referred to **Behavioral Health** (for discussions around gender affirming care and services) or **Endocrinology** (for hormone therapy).
4. For patients considering gender affirming surgeries, your **Behavioral Health** specialist and **Nurse Case Manager** will work together to prepare you for those services—including discussions of your preferences, progress, and insurance.
5. Certain gender affirming surgeries will take place within KP Mid-Atlantic States, others may be referrals to partner health care systems. Your **Nurse Case Manager** will support you along the way in preparing for and scheduling surgeries.

### What are the timelines for gender affirming care?

- Kaiser Permanente Mid-Atlantic States follows WPATH guidelines for hormone therapy, gender affirming care and surgeries.
- WPATH Standards of Care (available here: <https://www.wpath.org/publications/soc>) outline the expected timelines for hormone therapy and the criteria for gender affirming surgeries.
- Each person's experience and timeline is unique. Your **Nurse Case Manager** will be your central point of contact assisting and supporting you throughout your journey.

Kaiser Permanente Mid-Atlantic States is deeply committed to providing equitable, compassionate and high-quality medical care to our transgender and gender nonbinary members.