



Credit: The Gender Spectrum Collection

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. Just like with Dani, 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.

Inside this brochure, you'll find helpful and important information, such as:

- Who is Gender Health SF?
- What can I expect?
- Who is eligible?

◀ **Go ahead, take a look inside to learn more.**

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.

Core values:

- Social justice
- Peer led
- Wellness
- Compassionate whole-person care
- Community investment
- Harm reduction
- Advocacy



Gender Health SF

Better Together

Visit www.sfdph.org/genderhealthsf for more resources and a calendar of upcoming events



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



Dani started with GHSF in June of 2018

Welcome to Gender Health SF



Gender Health SF

Better Together

Who is Gender Health SF?

Gender Health SF was established in April of 2013 by the San Francisco Department of Public Health (SFDPH) to provide access to gender-affirming surgeries and related education and services to eligible, uninsured transgender and non-binary adult residents of San Francisco. Currently, SFDPH provides a range of health services to transgender and non-binary residents, such as:

- Primary care
- Behavioral health
- Preventative care
- Hormone therapy



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Gender Health SF is the first program of its kind in the United States. Our mission is to provide our patients with access to gender-affirming surgeries and procedures, contributing to improved quality of life.

What will happen now that I have been referred?

You've been referred to us because, like Dani, you've met and consulted with your primary care provider (PCP) for the last 12 months or more. Your PCP, in collaboration with your mental health provider, will work together to make sure that you have the education and support needed to align your body with who you are and have the best possible recovery.

Who is eligible?

To qualify for the program, you must be:

- ✓ **A resident of San Francisco**
- ✓ **18 years of age or older***
- ✓ **Enrolled or covered by Medi-Cal, Medicare, San Francisco Managed Medi-Cal Plan, Anthem Managed Medi-Cal Plan, Healthy Workers, Healthy Families, or Healthy San Francisco.**

*Special consideration is made for working with minors.

What documentation does Gender Health SF need?

As part of your program orientation, we will confirm that we have all of your referral documentation submitted. If more information is needed, we will submit it on your behalf. Talk to your medical and mental health providers regarding information or documentation required.

What can I expect?

- 1** Your PCP will submit a surgery referral packet of information on your behalf to Gender Health SF.
- 2** We want to get to know you! **A Gender Health SF Navigator** will call you to schedule an appointment to get oriented to our program.
- 3** Start your Gender Health SF Education, Preparation, Planning (EPP) program.

What surgeries do I have access to?

Gender Health SF provides gender-affirming surgeries and procedures for all transgender and non-binary individuals. We encourage you to talk with your PCP, mental health provider, surgeon, and navigator to help you make the best decisions and to make your body become **more YOU**.

Gender-affirming surgeries and procedures include:

- Facial surgeries
- Body surgeries (upper, lower, and contouring)
- Non-surgical procedures; hair reduction, voice coaching, and more!

What is the Navigation program?

Gender Health SF will provide you with navigation to move you through the process of gender-affirming surgeries and procedures, which may include:

- Providing resources and information to help you reach your goals
- Teaching self-advocacy skills with patients
- Accompanying patients to appointments as needed
- Group offerings, such as post-operative vaginoplasty (English and Spanish), masculine spectrum group, and more
- Wellness programs, such as smoking cessation, nutrition, and more
- EPP programs about surgical and recovery processes from navigators and community members, featuring guest presenters such as surgeons
- Much more!

EPP is required before surgery and varies in length and format, depending on the specific surgery that you will have.