



## So You Want To Start Hormones!

(for folks over 18)

### **If your PCP works from an “Informed Consent” Model of Care**

Schedule an appointment with a medical provider who prescribes hormone therapy (HT). Check out [www.oregontranshealth.com](http://www.oregontranshealth.com), or contact Brave Space for referrals.

At the office, they will go over the risks and benefits of HT, and make sure you are well informed about your decision moving forward

During your visit, your PCP will do a basic physical and take blood to rule out health issues that would be worsened by HT, as well as teach you about how to administer your medication.

If your blood work comes back normal, your prescription will usually be filled within a few days.

\*If your name and gender have not yet been changed on your insurance, you may have to hear this name or give it when getting your prescriptions.

### **If your PCP works from the WPATH Model**

Schedule an appointment with a therapist for an assessment to determine readiness for HT. Check out [www.oregontranshealth.com](http://www.oregontranshealth.com), or contact Brave Space for referrals.

Your therapist will then send this referral to your prescribing medical provider explaining how you meet WPATH criteria to begin HT.

Schedule an appointment with a medical provider who prescribes hormone replacement therapy.

At your appointment, your PCP will do a physical and take blood to rule out health issues that would be worsened by HT, and teach you about how to administer your medication.

If your blood work comes back normal, your prescription will usually be filled within a few days.

\*If your name and gender have not yet been changed on your insurance, you may have to hear this name or give it when getting your prescriptions.



## So You Want To Start Hormones!

(for folks over 18)

### **If your PCP works from an “Informed Consent” Model of Care**

Schedule an appointment with a medical provider who prescribes hormone therapy (HT). Check out [www.oregontranshealth.com](http://www.oregontranshealth.com), or contact Brave Space for referrals.

At the office, they will go over the risks and benefits of HT, and make sure you are well informed about your decision moving forward

During your visit, your PCP will do a basic physical and take blood to rule out health issues that would be worsened by HT, as well as teach you about how to administer your medication.

If your blood work comes back normal, your prescription will usually be filled within a few days.

\*If your name and gender have not yet been changed on your insurance, you may have to hear this name or give it when getting your prescriptions.

### **If your PCP works from the WPATH Model**

Schedule an appointment with a therapist for an assessment to determine readiness for HT. Check out [www.oregontranshealth.com](http://www.oregontranshealth.com), or contact Brave Space for referrals.

Your therapist will then send this referral to your prescribing medical provider explaining how you meet WPATH criteria to begin HT.

Schedule an appointment with a medical provider who prescribes hormone replacement therapy.

At your appointment, your PCP will do a physical and take blood to rule out health issues that would be worsened by HT, and teach you about how to administer your medication.

If your blood work comes back normal, your prescription will usually be filled within a few days.

\*If your name and gender have not yet been changed on your insurance, you may have to hear this name or give it when getting your prescriptions.