



MY APPOINTMENT – TRANSITION RELATED CARE

Accessing affirming health care can sometimes be challenging and overwhelming. It may be helpful to prepare for self-advocacy ahead of time, or to bring an advocate with you to reduce stress, provide a sounding board, and keep track of important information from your provider.

Why I am Seeking a Healthcare Appointment:

Health or Safety Concerns to Discuss (ie- history of binding, tucking, silicone injection, etc.):

Fertility Concerns to Discuss:

Other Questions I Have for My Provider:

Options from My Provider for Hormones (if desired):

Options from My Provider for Surgery (if desired):

Steps I Need to Take to Access Care (insurance, consent, letters, etc.):

Timeline Recommended by My Provider:

Any Prescriptions or Referrals and What They Are For:

Follow Up Plan:

Electronic Medical Record Access and Provider Contact Info:
