

Gender Affirming Care at VA Information for Veterans

VA provides a wide range of treatments to all eligible Veterans. Gender-affirming transition-related care plans are personalized based on your goals and your health. Talk to your treatment team to see if these services are right for you.

- **Gender-Affirming Hormones:** Your primary care team can help you with hormone therapy if it is right for you. Medications aren't a goal for everyone and they have both risks and benefits. The team may involve an Endocrinologist. Talk to your treatment team about your family building goals and fertility before starting treatment.
- **Pre-treatment Assessments for Gender-Affirming Hormones:** In the U.S., all prescriptions are linked to a diagnosis the medication is treating. Providers will talk to you about your gender identity and your goals for treatment and consider if a diagnosis is appropriate. Blood work and other tests may be needed before hormones are prescribed.
- **Voice and Communication Training:** Speech Language Pathologists trained in gender-affirming treatments can help you train your voice and movements to align with your identity. This care is sometimes delivered through telehealth to your home.
- **Fertility Preservation/Family Planning/Lactation Support:** VA has services to help Veterans store eggs and sperm, as well as build and support families. These are coordinated through VA Women's Health. Talk to your doctor about your options.
- **Gender-Affirming Prosthetics:** Several items are available through the VA when medically needed. These can include, but are not limited to, breast forms, chest binders, dilator sets for post-vaginoplasty, gaffs, packers, surgical compression vests, and wigs. Talk to your treatment team about what is right for you.
- **Medically Necessary Hair Removal:** Hair removal often happens through referrals to community-based centers. While availability varies, VA is working to improve access for all eligible Veterans.
- **Letters of Support for Gender-Affirming Surgery (outside of VA):** Some Veterans use their private health insurance or pay out-of-pocket for surgical treatments. Most surgeons and private health insurance companies require letters from your current treatment team, both medical and mental health (if applicable). VA providers can coordinate care with your surgeon.

While VA cannot yet provide initial gender-affirming surgical procedures, VA does provide surgical care for the following:

- ✓ Some complications of surgeries, including revision surgeries for unexpected problems
- ✓ Removing testicles or ovaries for hormone management if prescription hormones aren't an option for you
- ✓ Needed surgeries for other medical reasons (e.g., cancer, back pain) that are also consistent with your transition goals

If you want an expert team to review your treatment plan and provide a second opinion on your care based on chart review, ask your doctor to place a **National Transgender E-consultation** request in your medical record.

For more information and to find your local LGBTQ+ Veteran Care Coordinator Visit:

www.patientcare.va.gov/lgbt/



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