

Get to know ALL of your benefits



Focus: Gender-affirming care

Whether you are transgender, non-binary, intersex, or somewhere else along the gender spectrum, your providers should understand that you know yourself best. Learn about the options you have as you interact with the systems and providers involved in gender-affirming care, provided by CareOregon.

What is gender-affirming care?

Most broadly stated, gender-affirming care is care that respects and validates a transgender, non-binary, or intersex person's experience. In terms of accessing transition-related treatment, gender-affirming care refers to interventions that support people in their gender transition.

What is covered?

CareOregon's coverage includes most transition-related healthcare under the Oregon Health Plan.

Please note: We use medical terminology for clarity and ease of access when it comes to exploring gender-affirming surgery. We understand that you may not identify or feel comfortable using some of these terms to describe your experience and body.

Medical Care



- Hormone therapy
- Mental health therapy
- Pre-and post-surgical pelvic physical therapy
- Primary care visits
- Puberty blockers
- Specialist doctor visits
- Surgical site hair removal (laser and electrolysis)
- Lab work

Top surgery



- Gender-affirming mastectomy
- Gender-affirming breast augmentation

Bottom surgery

- Phalloplasty and metoidioplasty
- Scrotoplasty
- Vaginoplasty and vulvoplasty
- Scrotoplasty
- Hysterectomy
- Urethroplasty
- Nullification surgery
- Vaginectomy
- Oophorectomy
- Orchiectomy
- Penectomy

For a full list please visit careoregon.org/GAC

Steps to accessing services

- 1 Start with your primary care and mental health providers.**
- 2 Familiarize yourself with medical interventions and what feels best for you.**
- 3 Determine if getting a diagnosis of what has come to be called gender dysphoria is appropriate or needed to access the care you want and if so, get it in writing.**



A list of contracted gender-affirming care providers, those with experience and training in working with people who are a wide variety of genders, can be found on our website at careoregon.org/GAC



If you need help with accessing services, or if you want to talk to someone about the services CareOregon provides, call **Customer Service at 503-416-4100, toll-free 800-224-4840 or TTY 711.**

Get to know CareOregon

Gender-affirming care is provided by CareOregon, your Medicaid health plan. Learn more about us here.

When people talk about Medicaid in Oregon, you may hear them say a lot of different names or letters. That's because there are many organizations involved in making sure you get the care you deserve. How can you make sense of it all?

It helps to think of Medicaid in Oregon like a pyramid

Oregon Health Authority (OHA) runs the Medicaid program for the entire state of Oregon, which is called the Oregon Health Plan (OHP).



Oregon Health Authority

Health Share of Oregon (HSO) is what's called a coordinated care organization (CCO). Health Share of Oregon works under OHA to serve OHP members in the tri-county area.



health share
Health Share of Oregon

CareOregon is one of several insurance providers in the tri-county area that help Health Share CCO deliver care. We also help coordinate language services for our members.



CareOregon

Your primary care provider (PCP) might be a doctor, a nurse practitioner, a physician's assistant or a naturopath. They coordinate your care with CareOregon and other medical team members like dentists, mental health providers, pharmacists and others.



CareOregon provides services like these for Medicaid (OHP) members:

- ▶ Physical health care
- ▶ Mental health care
- ▶ Substance use treatment
- ▶ Dental care
- ▶ Medicare through CareOregon Advantage
- ▶ Hospice and palliative care through Housecall Providers

You'll also be able to use important services like these:

- ▶ Care coordination
- ▶ Pharmacy
- ▶ Prenatal and infant care
- ▶ Transportation options
- ▶ Language interpreter services
- ▶ ER and urgent care

You can get this letter in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 800-224-4840 or TTY 711. We accept relay calls. You can get help from a certified and qualified health care interpreter.

careoregon.org

