



# Focus: Gender-affirming care

## 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 gender affirming treatment under the Oregon Health Plan and ORS 414.769.** Under Oregon law, gender-affirming treatment means any medicine, procedure, or product that a doctor gives to someone to help them feel more comfortable with their gender identity if it doesn't match the sex they were assigned at birth.

***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



- Hair removal (laser and electrolysis)
- Hair transplants
- Hormone therapy
- Lab work
- Medical tattooing
- Mental health therapy
- Pre-and post-surgical pelvic physical therapy
- Primary care visits
- Puberty blockers
- Specialist doctor visits
- Speech therapy



### Surgical care



- Mastectomy & chest reconstruction/reduction
- Breast augmentation
- Phalloplasty and metoidioplasty
- Vaginoplasty and vulvoplasty
- Hysterectomy
- Nullification surgery
- Oophorectomy
- Orchiectomy
- Penectomy
- Scrotoplasty
- Urethroplasty
- Vaginectomy
- Tracheal shave
- Facial gender confirmation surgery (including facial feminization surgery)
- Body contouring
- Revisions to prior forms of gender-affirming treatment

For more information please visit [careoregon.org/GAC](https://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 a gender dysphoria diagnosis is necessary to access the care you need.**
-  **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](https://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.**

# 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.