

questions to ask

You can call a clinic before making an appointment and ask their staff some of these questions:

"Does your staff participate in any trans competency trainings?"

"Does your facility have gender neutral bathrooms?"

"Do you have a nondiscrimination policy?"

"Do any of your providers have experience with gender affirming care?"



During your first appointment, you can ask your provider:

"Have you provided primary care to transgender and gender non-conforming patients before?"

"Do you have experience prescribing hormone therapy?"

Reproductive Care

Hormone Care

STI Testing

PrEP

Family Tree Clinic
1919 Nicollet Ave
Minneapolis, MN 55403
612-473-0800

A Guide to Primary Care For Trans & Non-Binary Folks



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what is primary care?

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Primary care is healthcare that focuses on general health and wellness as well as preventing and treating illnesses.

What is a PCP?

A primary care provider (PCP) is a medical provider who you see consistently for your regular healthcare needs. They may be a:

- Nurse practitioner (NP or DNP)
- Physician assistant (PA-C)
- Medical doctor (MD or DO)
- Midwife (CNM)

Any of these types of medical providers are capable of being a PCP as long as primary care is a service they provide.

You can also see a pediatrician if you are under 18. Most Family Medicine providers can see patients of any age.

why is having a PCP important?

Why is having a PCP important?

A PCP will address any health concerns you may have throughout your life. Having a good relationship with a PCP is an important part of preventing disease and major health conditions.

A PCP can:

- Take care of you when you're sick
- Manage mental health medications
- Manage short and long term conditions and treatments
- Connect you to specialists if needed
- Make sure you get regular physicals, immunizations, and preventative cancer screenings
- Many PCPs can also prescribe and maintain hormone therapy!

where can I find a PCP?

Family Tree Clinic does not offer primary care services, so establishing care with a PCP will help you address your healthcare needs that your Family Tree provider doesn't manage.

There are websites you can use to search providers in your area that are listed as LGBTQ competent such as:

hub.rainbowhealth.org
glma.org
wpath.org
outcarehealth.org
mytranshealth.com

Or ask how Family Tree Clinic can help you find a trans friendly PCP!

