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?"
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| **What is primary care?**
Primary care is healthcare that focuses on general health and wellness as well as preventing and treating illnesses. | **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. | 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. |
| **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) | **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! | 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 |
| You can also see a pediatrician if you are under 18. Most Family Medicine providers can see patients of any age. | Or ask how Family Tree Clinic can help you find a trans friendly PCP! |