

why are gender affirming PCPs important?

Trans people experience greater risk for certain health conditions due to barriers to healthcare access, especially trans people of color and people who hold multiple oppressed identities.



Even if you are not pursuing hormone therapy or surgery, having a PCP who understands these disparities is an important part of getting quality healthcare throughout your life.

PCPs don't just address concerns when they come up- they also help you take care of your health by preventing diseases and major health conditions.

Finding a caring and competent primary care provider can be intimidating. These tips can give you an idea of where to start.

what can a PCP do for me?

- Take care of you when you're sick
- Manage short and long term conditions and treatments
- Manage mental health medications
- 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!



♥ **Research:** Check out the enclosed map to find a clinic near you.

♥ **Check insurance coverage:** Before your appointment, check to see if your PCP is in network by calling your insurance company or searching their online directory. If you don't have insurance, you may want to consider going to a Community Clinic.

♥ **Ask for support:** You are not alone! Some clinics have Care Navigators that can help you schedule. Or, you can ask your friends or family for help. You can also contact us if you are having trouble finding a PCP in your area and/or that meets your specific needs.

♥ **Vet your provider:** During your first appointment, you can ask:

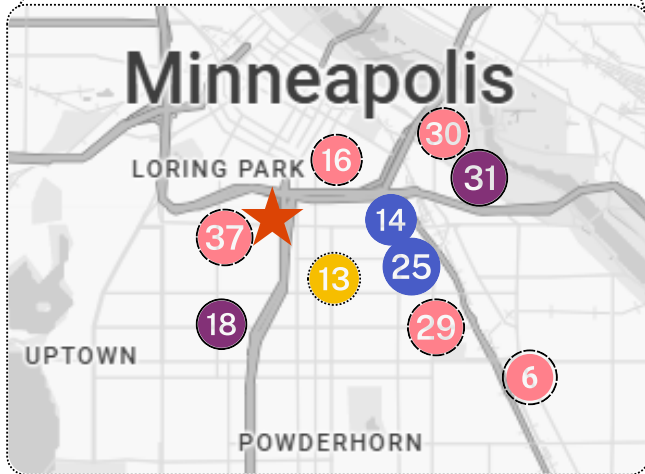
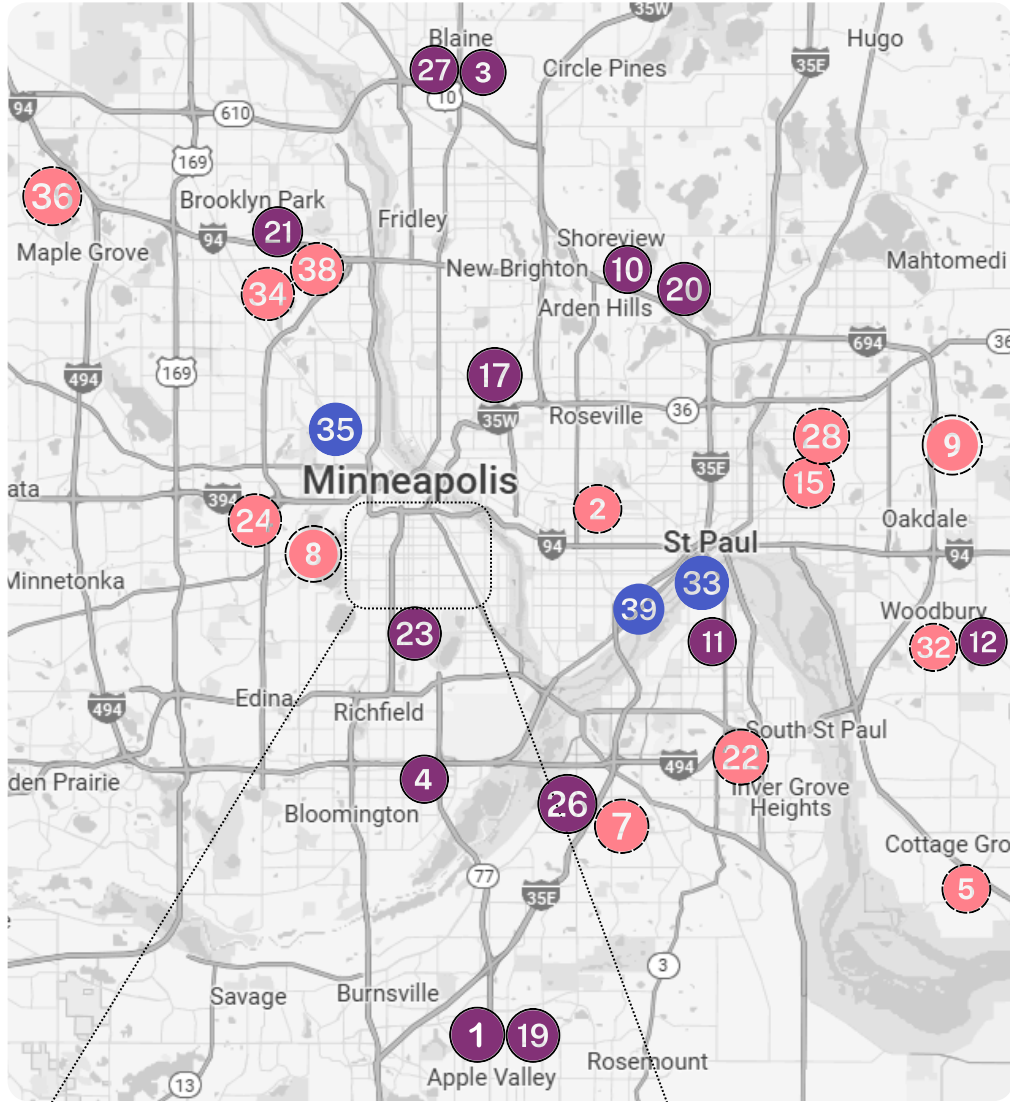
- Have you provided primary care to trans or non-binary patients before?
- Do you follow WPATH (World Professional Association for Transgender Health) standards of care?
- Do you have experience prescribing and maintaining hormone therapy?

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



1919 Nicollet Ave
Minneapolis, MN 55403
612-473-0800

clinics with trans friendly primary care providers



Legend

- ★ Family Tree Clinic
- Family Medicine
- Family Medicine & Pediatrics
- Pediatric Only
- Community Clinic

Most Family Medicine PCPs can see patients of any age. You can also see a Pediatrician if you are under 18. Community Clinics have sliding scale billing for those without insurance.

- 1 Allina Apple Valley: 651-241-3779
- 2 Allina Bandana Square: 651-241-9700
- 3 Allina Blaine: 763-236-5400
- 4 Allina Bloomington: 952-428-1800
- 5 Allina Cottage Grove: 651-458-1884
- 6 Allina East Lake Street: 612-775-4900
- 7 Allina Eagan: 651-454-3970
- 8 Allina Greenway: 612-775-1800
- 9 Allina Oakdale: 651-241-9240
- 10 Allina Shoreview: 651-483-5461
- 11 Allina West St. Paul: 651-241-1800
- 12 Allina Woodbury: 651-241-3000
- 13 Children's Minnesota Gender Care: 612-813-7950
- 14 Community-University Health Care Center: 612-301-3433
- 15 Entira Family Clinics East Side: 651-788-4444
- 16 Hennepin Healthcare Clinic & Specialty Center: 612-873-2474
- 17 Hennepin Healthcare St. Anthony: 612-873-6963
- 18 Hennepin Healthcare Whittier: 612-873-6963
- 19 HealthPartners Apple Valley: 952-431-8500
- 20 HealthPartners Arden Hills: 651-523-8500
- 21 HealthPartners Brooklyn Center: 763-503-4400
- 22 HealthPartners Inver Grove Heights: 651-552-2600
- 23 HealthPartners Minneapolis Nokomis: 612-313-0000

Before making an appointment, you can call a clinic and ask:

- Do any of your providers have experience with gender affirming care?
- Does your staff participate in any trans competency trainings?
- Do you have a nondiscrimination policy?

You can also sometimes find this information online.

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)
- Medical doctor (MD or DO)
- Physician assistant (PA-C)
- Midwife (CNM)

- 24 HealthPartners St. Louis Park West End: 952-541-2500
- 25 Indian Health Board of Minneapolis: 612-721-9800
- 26 M Health Fairview Eagan: 651-406-8860
- 27 M Health Fairview Blaine: 763-528-2987
- 28 M Health Fairview Phalen Village: 651-772-3461
- 29 M Health Fairview Smiley's: 612-333-0770
- 30 M Health Fairview Sexual & Gender Health Clinic: 612-625-1500
- 31 M Health Fairview Riverside: 612-672-2450
- 32 M Health Fairview Woodbury Woodwinds: 651-232-6700
- 33 Minnesota Community Care: 651-602-7500
- 34 North Memorial Brooklyn Center: 763-581-5630
- 35 NorthPoint Health and Wellness: 612-543-2500
- 36 Park Nicollet Maple Grove: 952-993-1440
- 37 Park Nicollet Minneapolis: 952-993-8000
- 38 Park Nicollet Brooklyn Center Brookdale: 952-993-4900
- 39 Riverland Community Health: 651-758-9500

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.