



**Welcome to Family Tree Clinic! We are honored to join you at this time in your life.**

Family Tree Clinic is proud to offer gender affirming hormone care under an informed consent model, which allows access to hormone care without undergoing mandatory mental health evaluations or needing a referral. We strive to remove barriers to access and put you in charge of your health care.

At your initial visit with your provider you will establish care, review health history, and discuss hormone care. It is a time where you can get to know your provider and for them to get to know you. This is a great time to ask questions! If this visit is in person, blood work will be drawn to give the provider a picture of your health and rule out any complications with taking hormones. At your second visit, your provider will review your lab results, and complete a quick, clothed medical exam. You will be able to discuss your goals, the benefits and risks of hormone therapy, and a plan may be made at this appointment for your hormone start.

Generally, Family Tree has new hormone patients come back for check ups and lab work every 3-4 months for the first year, though this may vary from person to person. Everyone is different, so you and your provider will make a plan of care that best suits you.

Family Tree Clinic strives to help our patients navigate all aspects of gender affirming care. This welcome packet gives you various resources that may be of use to you, depending on your own path.

**In this welcome packet you will find:** hormone therapy education, tips for navigating your insurance plan, prior authorization information, mental health resources including support groups and crisis resources, name change help, and more. Please contact us with any questions.

We want your experience at Family Tree Clinic to go as smoothly as possible for you, and it is our goal to be responsive to the needs of our community. Please let us know if there is anything we can do to make your care at Family Tree Clinic better.

Thank you again for choosing Family Tree Clinic – we're so excited for you!

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

# Other Medical Services Offered at Family Tree Clinic

## Got medical concerns that aren't about hormones? We're here for you!

- Low cost birth control
- IUD and Nexplanon (arm implant)
- Low cost or no cost rapid HIV testing (results in 20 minutes)
- Pregnancy testing and all options counseling
- Sexual health concerns, including a free and confidential hotline: 1-800-783-2287
- Comprehensive STI testing and treatment
- Urinary and vaginal infection testing and treatment
- Annual exams, pap tests, & colposcopy services
- Smoking cessation
- PrEP and PEP (HIV prevention medication)
- Emergency contraception
- Breast/chest exams and mammogram referrals
- Menopause care
- Preconception planning and referrals
- Free sexual health education appointments for young people under 25

# The Integrative Health Wing at Family Tree Clinic

## Did you know there are other organizations located in our building?

At Family Tree, we believe that health and wellness go beyond just medical appointments. We share building space with three organizations that provide integrative health services:



**The Oshun Center for Intercultural Healing:** An integrative health clinic and training center offering Western and Eastern, Afro- and Indigenous approaches to heart, soul and womb healing. Oshun provides massage therapy, craniosacral therapy, herb consultations, recovery care for gender affirming surgeries, holistic support for fertility, pregnancy, abortion, miscarriage, grief, and more. All sessions are available on a sliding scale, pay what you can basis. For more information, visit [oshuncenter.com](http://oshuncenter.com).

**Our Justice:** Our Justice is an abortion fund providing direct financial and logistical support for people seeking abortion care. Our Justice provides resource navigation including transportation help, legal support, aftercare, insurance help, and free Plan B/emergency contraception. For more information, visit [ourjustice.net](http://ourjustice.net).



**Lyn-Lake Centers for Wellbeing:** Offering therapy, medication management, nutrition counseling, and holistic wellness services. Some of Lyn-Lake's therapists have their offices at Family Tree. When requesting an appointment, you can indicate that you want a trans competent therapist and/or a therapist located at Family Tree. For more information, visit [therapy-mn.com](http://therapy-mn.com) or call 612-979-2276.