

HEALTHCARE SUPPORT PLAN

A resource to support gender identity

Name (first, last): _____

___ I would like you to share my chosen name with your front office staff to ensure I'm respected throughout my visit.

Name for paperwork (if different from above): _____

Pronouns: _____

___ I would like you to share my pronouns with your front office staff to ensure I'm respected throughout my visit.

Gender Identity: _____

My assigned sex at birth: _____

Sexual Identity: _____

What is important for my provider to know in order to care for me properly:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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This Healthcare Support Plan is a resource developed through the support of Equality North Carolina Rural Youth Empowerment Fellowship as a tool to support gender diverse individuals seeking inclusive healthcare support. This document is optional and driven by the client – all information disclosed is confidential unless the client otherwise denotes. Please file in client records.

Navigating the health care system as a transgender, non-binary or gender diverse person can be stressful and often confusing for the client. This Healthcare Support Plan is designed to offer clear communication between client and provider to help bridge the gap and offer the most inclusive and comprehensive medical services.

Additional resources:

- **Gender Identity Definitions - Human Rights Campaign**
<https://www.hrc.org/resources/sexual-orientation-and-gender-identity-terminology-and-definitions>
- **Pronouns Video - Minus 18**
<https://www.youtube.com/watch?v=3xpvricekxU>
- **Trans in the South - Campaign for Southern Equality**
<https://southernequality.org/resources/transinthesouth/>
- **2015 U.S. Transgender Survey**
<http://www.ustranssurvey.org/>
- **Center of Excellence for Transgender Health**
<http://transhealth.ucsf.edu/>
- **Fenway Health - Transgender Health**
<https://fenwayhealth.org/care/medical/transgender-health/>
- **Equal Access to Health Care - Lambda Legal**
<https://www.lambdalegal.org/know-your-rights/article/trans-related-care-faq>