

Open Door Transgender Health Program

Regardless of gender identity or gender expression, Maine Family Planning provides compassionate and non-judgment medical care to Maine's wonderfully diverse transgender community. We are committed to improving the way transgender people receive gender affirming and reproductive health care, wherever they are on the gender spectrum.

Transgender Services at Maine Family Planning include:

- Hormone therapy and monitoring for trans folks 18 years old and up
- Referrals to specialty providers and community resources
- Onsite training for hormone injections.
- Other reproductive health services including STI testing, birth control, pap tests, PrEP

At Maine Family Planning, we use the informed consent model of providing hormonal therapy for transgender people. We do not require that everyone must have a letter from a therapist to start hormone therapy.

- We will make an assessment of each person's ability to understand the risks and benefits of starting hormones. Transitioning is such a huge decision involving social, economic, and medical risks that we want to make sure that each patient is sure and secure in their decision to transition.
- Our providers do a pretty in-depth intake process and in some cases we request that a patient meet with a therapist and bring a letter to us before starting hormonal therapy.
- In other cases, we may require that the patient have an ongoing relationship with a therapist during transition.
- While it may not be required, having an ongoing relationship with a therapist can be very beneficial as transitioning is such a huge time of change it can be stressful not only for the patient transitioning but also for the people close to them. If you don't already have a therapist, we have a fairly extensive list of therapists who enjoy working with trans folks.

Service Sites

We currently offer transgender services in our Belfast, Fort Kent, Lewiston, Presque Isle and Waterville offices. If one of those offices is not close to where you live, we can do a visit closer to your home at another site, using telehealth technology.

BELFAST: 147 Waldo Ave Julie Jenkins, NP

FORT KENT: 139 Market St Christina Theriault, NP

LEWISTON: 179 Lisbon, St Sara Hayes, FNP

- ***Park on the 4th level in Centerville Parking Garage, directly behind our building. The left hand walk way on the 4th level takes you directly into our building. The first hour is free. Street parking is limited and they ticket freely.***

PRESQUE ISLE: 5 Martin St Christina Theriault, NP

WATERVILLE: 18 Silver ST. Meredith Hunt, NP

PAYING FOR SERVICES

Your cost for this visit is based on insurance eligibility or on our fee structure. These options will be discussed with you when you call to make your appointment.

Because we get no other funding for our OPEN DOOR program, fees for medical visits must be paid for at the time of the visit. Labwork is generally billed to insurance or the patient directly from the lab. A sliding fee scale is available for folks with no insurance.

APPOINTMENTS

Before your first appointment and once you have been invited to our PATIENT PORTAL, fill out your medical history on line If you haven't already been in for a visit with us. please go to our website, www.mainefamilyplanning.org

- ***click on the PATIENT PORTAL button***
- ***please go in and fill out your medical history.*** This will save us all time which we can then use to talk and get your questions answered.
- ***If you can't do this on line, please fill out the patient history in your admin packet and bring that in with you.***
- ***Review the consent for hormone treatment on our website.*** You may print it out if you want. We have them here as well. <https://mainefamilyplanning.org/our-services/lgbtq-healthcare/>

Your First Medical Appointment

At the first medical appointment, we will get to know you and your medical history. In this session a psychosocial history will be taken with special focus on gender identity development and role expression through your life, including past transition experiences. We will do a physical exam and discuss the medical considerations, risks and benefits for beginning or continuing their transition hormonally and discuss treatment options. Generally, we will order bloodwork, the results of which will be discussed at the next visit.

Attend your Second Medical Appointment

During your second Open Door appointment, you will review your lab work with your clinician and discuss whether hormones are the best step for you. Hormones are only prescribed if medically safe and you can make an informed consent. In rare cases we do reserve the right to deny hormone therapy.

On-going Medical Care

Once prescribed hormones, patients should expect to return to Maine Family Planning within three months. Blood work to monitor hormone levels and overall health is discussed during these visits. If you are using injectable hormones, Maine Family Planning offers self injection lessons with our medical support staff.

Contact us

If you need to change your appointment, please contact us asap by calling 207-922-3222 or you can do this through the PATIENT PORTAL. <https://mainefamilyplanning.org/our-services/lgbtq-healthcare/>



We really encourage your use of the patient portal for keeping in touch.

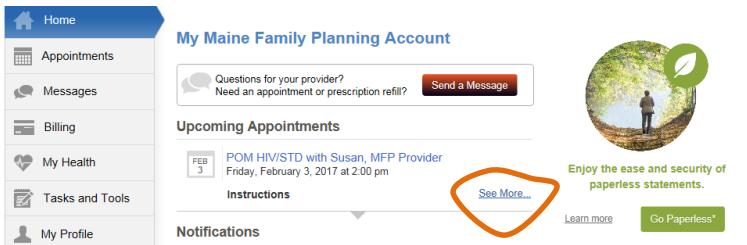
It is very easy to send and receive messages over the portal and it is much easier for both the patients and providers as we don't have to play "phone tag" with each other.

We're so glad you will be coming soon for a visit to start or continue your trans journey.

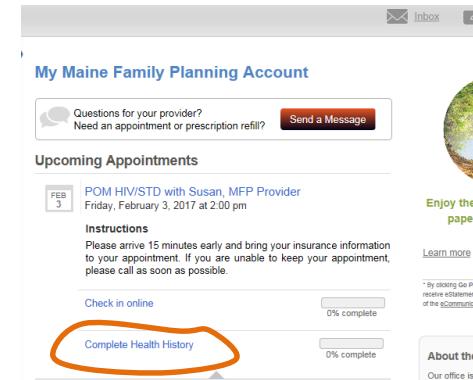
We'd just like to give you the opportunity to save time at your first visit by filling out some of the paperwork ahead of time.

Included in these documents are:

- **Estimated charges:**
 - just FYI if you don't have insurance or your insurance doesn't pay. We do have a sliding fee scale available for your visits. Lab charges on here are estimates for people with no insurance based on the prices at Nordx labs.
- **Patient history form:**
 - The easiest for all is if you go onto your portal account and fill out your health history home your home page.
 - You will see your appointment time. Click "See more" to start doing your history.



- Once there, you can click on "Complete Health History"



- If you can't do your history on line, please do it in paper and bring it in with you.

Please fill out ahead of time and bring in with you to the visit.

- **Registration form**
- **Assignment and release for Open Door**

And don't forget your medical insurance card if you have insurance.

If you are already on hormonal treatment, please bring the bottles/vials.

Thanks and look forward to seeing you soon.



First Year Open Door Project
Estimated Costs of Services, Labs and Medications
if insurance isn't used

Office Visits-	Labwork	Medications																								
Every 3 months (prices vary by sliding fee scale and length of visit)	<p>Every 3-6 months</p> <p>Frequency and type of labs ordered vary</p> <p>Nordx <u>estimated</u> charges *reduced fees if paid at time of service. Sliding fee scale available for lab work.</p>	<ul style="list-style-type: none"> Private insurance copays vary widely. Mainecare covers most meds without a copay If you have no insurance, you will get better pricing through GoodRx Compounded medications are also available and may have lower prices depending on the formulation. 																								
1 st Visit-Consultation \$28-\$199	<i>These are approximate costs at Nordx 6/2019, not guaranteed.</i>	Feminizing Medications <i>Lowest cost thru Goodrx 6/19**</i>																								
Follow-up Visits \$21-\$122	<p>M-F (may not all be needed)</p> <table> <tr><td>Lipid.....</td><td>\$31*-\$39</td></tr> <tr><td>HGBA1C.....</td><td>\$23*-\$28</td></tr> <tr><td>CMP</td><td>\$21*-\$27</td></tr> </table> <p>Comprehensive Metabolic Panel (includes Glucose, lytes, and liver)</p> <table> <tr><td>Estradiol.....</td><td>\$91</td></tr> <tr><td>Prolactin</td><td>\$50*-\$64</td></tr> <tr><td>Testosterone.....</td><td>\$68*-\$169</td></tr> </table>	Lipid.....	\$31*-\$39	HGBA1C.....	\$23*-\$28	CMP	\$21*-\$27	Estradiol.....	\$91	Prolactin	\$50*-\$64	Testosterone.....	\$68*-\$169	<p>Testosterone blocker</p> <p>Spironolactone (usual dose is 100 mg twice a day)</p> <table> <tr><td>100 mg (90 tabs).....</td><td>\$33</td></tr> <tr><td>50 mg (90 tab).....</td><td>\$18</td></tr> <tr><td>25 mg (90 tab).....</td><td>\$12</td></tr> </table> <p>Estrogens</p> <table> <tr><td>Injectable estradiol valerate 5 ml (10 wks supply).....</td><td>\$44</td></tr> <tr><td>Patches 0.1 mg 8 twice wkly (2-4wks supply).....</td><td>\$35</td></tr> <tr><td>Pills: 2 mg (90 tabs) (6 wk supply).....</td><td>\$10</td></tr> </table>	100 mg (90 tabs).....	\$33	50 mg (90 tab).....	\$18	25 mg (90 tab).....	\$12	Injectable estradiol valerate 5 ml (10 wks supply).....	\$44	Patches 0.1 mg 8 twice wkly (2-4wks supply).....	\$35	Pills: 2 mg (90 tabs) (6 wk supply).....	\$10
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9 month checkup if necessary																										
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GoodRx

- Good rx prices vary by store and change daily.
- Better discounts are available by downloading the Goodrx app as opposed to just showing a card.
- You often get better pricing if you buy more at a time.
- You have to show the coupon at the store to get the discount.