

Open Door Transgender Health Program

Maine Family Planning provides hormone replacement therapy and gender affirming care to people 16 years and older. Our services, available at 12 clinics throughout the state, include:

- Referrals to specialty providers and community resources
- Injection training
- Telehealth visits
- Other reproductive health services, including: STI testing, birth control, PAP smears, PrEP, vasectomy, intrauterine insemination (IUI), and abortion care.

PAYING FOR SERVICES

We accept private and public insurance as well as self-payment. Fees must be paid at the time of the visit. Lab work will be billed to your insurance, or you may receive a bill in the mail. A sliding fee scale and hardship fund is available for those who qualify.




STARTING HRT

At your first appointment, we will get to know you and your medical history. We use the informed consent model, where the risks and benefits of starting, or restarting hormones, are discussed. While it may not always be required, having an ongoing relationship with a therapist can be beneficial. We have a list of therapists on our website. Depending on your age and health, we may start HRT after the first appointment, or we may need to wait until we receive baseline lab results.

We will check in with you on the patient portal one month after initiating hormones and see you at three-month intervals during the first year either via telehealth or in-person. We require that you attend your appointments and get your lab work done to receive medication refills in a timely manner. This allows us to ensure high quality and safe care.

CONTACT US

If you need to change your appointment, please call 207-922-3222. We recommend you utilize the **AthenaHealth App** and patient portal for timely communication with your provider.

| Self pay Office Visits |  Labwork-self pay |  Medications |
|--|---|--|
| Every 3 months (prices vary by sliding fee scale and length of visit) | Every 3-6 months Frequency and type of labs ordered vary Sliding fee scale available for lab work at Nordx & Quest. Must apply. | <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 |
| 1 st Visit- Consultation \$34-168 Follow-up Visits \$30-146 3 month checkup 6 month checkup 9 month checkup if necessary Yearly visit 6 months after yearly visit | <p><i>These are approximate costs at Nordx & Quest 8/2024, FOR PEOPLE WITHOUT INSURANCE not guaranteed.</i></p> <p align="center">M-F (may not all be needed)</p> <p align="center">Nordx/Quest</p> <p>Lipid..... \$39/\$163 HGBA1C..... \$20/\$82 CMP..... \$26/\$97 BMP..... \$23/\$78 Estradiol..... \$91/\$246 Prolactin \$64/? Testosterone..... \$113/\$218</p> <p align="center">M-F (may not all be needed)</p> <p>CBC \$23/\$37 Hgb/HCT..... \$21/\$26 Lipid..... \$31/\$39 HGBA1C..... \$20/\$82 CMP..... \$26/\$97 BMP..... \$23/\$78 Testosterone ttl +free \$113/\$218</p> <div style="background-color: #e0e0e0; padding: 10px;"> <ul style="list-style-type: none"> Labs can be ordered at the lab of your choice. Nordx is much more reasonably priced for people with a high deductible or no insurance and they have a patient assistance program. See "charity care" @http://www.nordx.org/insurance_charges.html. Quest is another option and tests may be priced lower than hospital labs and they have financial assistance. Hospital labs are an option but tests done there tend to cost at least twice the cost of independent labs like Nordx if you do not have insurance. </div> | <p align="center">Feminizing Medications (self pay) Lowest cost thru Goodrx 8/2024**</p> <p align="center">Testosterone blocker</p> <p>Spironolactone (usual dose is 100 mg twice a day) 100 mg (180 tabs)..... \$38+</p> <p align="center">Estrogens</p> <p>Injectable estradiol valerate 5 ml (10 wks supply).. \$50+ Patches 0.1 mg 48 twice wkly (3 mo supply) \$141 Pills: 2 mg (180 tabs) (3 mo supply) \$22</p> <p align="center">Progesterone</p> <p>Micronized progesterone 100mg #90 \$20</p> <p align="center">Masculinizing medications Lowest cost thru Goodrx 8/2024**</p> <p>testosterone cypionate (injectable) 10 ml vial (lasts for several months) \$41</p> <p>Gel daily packet (90-3 mo)..... \$411 topical solution 3 pumps (90 ml-3 mo)..... \$ 80 Axiron underarm gel - no coupon</p> <div style="background-color: #e0e0e0; padding: 10px;">  <ul style="list-style-type: none"> 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 pharmacy to get the discount and will need a new coupon each time you pick up a refill. </div> |