

Transgender/Trans* Services at the UCSC Student Health Center

At the UCSC Student Health Center we care about your health and safety. We are sensitive to how hard it can be to access care. We believe everyone has a right to be treated with care and respect. We encourage you to be open and honest with us so we can assist you in getting the best care possible. Please tell us your preferred name and pronouns.

Hormones

Students who are interested in beginning hormones start by making an appointment with one of our providers with experience in hormone gender reassignment. Call the appointment desk at 831-459-2500. Ask for an appointment to speak to someone about “gender questions.” Several visits are involved before we start hormones. These visits include a physical exam, laboratory studies and evaluation by the provider.

Referral Letter

In addition to visits with the medical provider, students will be referred off-campus to get a referral letter for hormone treatment from a therapist who specializes in Trans* issues.. The Student Health Center does require a referral letter to initiate hormones. With a referral from the PCP, the UCSHIP covers most of this fee. The student can expect to have a co-pay for the visits.

Therapeutic Support

Having a therapist who can support you through the transition process can be extremely helpful. Therapy can also help students work to have a healthy relationship with their families as they transition if this is needed. We encourage students to continue in therapy even after they receive their referral letter; however, this is not a requirement. We work closely with a community of therapists dedicated to supporting people with gender transition.

Another important source of support for gender transition is the [Lionel Cantu GLBTI Resource Center](#). In addition to resources, the Cantu center hosts the weekly Blender group.

Consent for Hormones

After the initial visits, exam, labs, and referral letter are complete, hormones can be started. The student and their clinician will review the consent for hormones so that student fully understands the risks and consequences of taking hormones. A signed consent acknowledging that the student understands these risks and consequences is the final step to obtaining a prescription for hormones.

On-going Care

During the transition period, the student will meet regularly with their medical provider to determine that there are no unexpected consequences from the hormones. The student will need to have regular blood tests. Regular visits give students the opportunity to discuss the changes they are experiencing and their experience of these changes. When the student approaches graduation, the medical provider will work with the student to plan care after graduation.

Transfer of Care

If you have already started hormones somewhere else, have your records sent to the UCSC Student Health Center before you have your first appointment. We will require a referral letter from a therapist as well. We will want your shot records and most recent lab work. Students continuing on hormones who have not obtained prior medical records should make an appointment with a clinician to discuss their on-going care. For help transferring your records, call our Medical Records office at 831-459-3063.

Surgery

Students who are interested in surgery will be referred to specialists off campus. For insurance coverage it is necessary to have this referral. Insurance also requires a letter from the SHS medical provider and the therapist's referral letter. Some specialists may require additional documentation. Insurance requirements and coverage vary year to year. The student can expect to pay a deductible and some percentage of the cost of surgery. The specialist office and our SHS Insurance Office will help the student understand their coverage. This is important so the student can plan for their out-of-pocket costs.

Legal Gender and Name Changes

We can complete the necessary paperwork for name and gender change for driver's license, passport, social security number or other documents.

Gender Change Without Surgery or Hormones

Some people live as their authentic gender without hormones or surgery. It can be just as important for these people to change legal documents to match their authentic gender. It is not necessary to take hormones or have surgery to make these changes. Please make an appointment with a provider who has experience in gender issues to discuss this if appropriate.