

# Transgender Services

## from Independence Blue Cross



**Independence Blue Cross (Independence) supports equitable whole-person health care regardless of gender, race, age, sexual orientation, economic status, or ZIP code.**

We understand that every person's well-being journey is unique. Our health plans offer benefits for transgender services to ensure members' physical and mental health needs are met when making important decisions about their care, such as gender confirmation and transition.

### Supporting services

Independence members have access to the following services as part of our medical and pharmacy policies that support various aspects of care for transgender people.

### Hormone therapies

We cover the following:

- Oral and topical estrogens
- Oral and topical testosterone
- Injectable estrogen and testosterone\*
- Puberty-suppressing hormones and continuous hormone replacement therapy

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**Independence Health Coaches are here for you should you have any clinical questions. Call 1-800-ASK-BLUE (1-800-275-2583) and follow the prompt for a Health Coach.**

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It's important for members considering hormone therapy to talk to their doctor about the potential risks and side effects.

### Gender affirming surgeries

- Breast reduction, removal, or augmentation
- Gender confirmation bottom surgeries

### Behavioral health support

Emotional well-being is just as important as physical well-being, especially when going through physical changes. Members may talk to a behavioral health provider through Magellan or have a virtual care visit through MDLIVE®. Members also have access to On to Better Health, an online program accessible by logging into [ibx.com](https://ibx.com), that provides easy-to-use self-help tools and resources.

## Finding the right doctor

It's important that members find a doctor they are comfortable with and whom they can trust. Our *Find a Doctor* tool on [ibx.com](https://ibx.com) makes it easy to find an in-network doctor, hospital, or other facility. Each doctor profile includes the provider's gender, languages spoken, location, and member reviews.

## Ongoing health support

We encourage members to continue to get the preventive care they need to stay healthy. This includes yearly check-ups, screenings, and immunizations, which are all covered at no cost. For more information about preventive care, visit [ibx.com/preventive](https://ibx.com/preventive).

## We're here for you

Independence Registered Nurse Health Coaches are available to speak with members about any clinical questions they may have regarding available transgender services. Call [1-800-ASK-BLUE \(1-800-275-2583\)](tel:1-800-ASK-BLUE) and follow the prompt for a Health Coach.

Members can call the customer service number on the back of their ID card with questions regarding their health care benefits.



### Need extra help navigating the right care?

Read [Navigating the Landscape of Gender-Affirming Health Care](#), part of our IBX Insights blog, for additional information and guidance.