



Welcome to the Loving Health Center!

We are honored that you have entrusted us with your gender-affirming care, and we are excited to work with you toward your goals.

There is no one way to be gender diverse, and at the Loving we take a very patient-centered approach to your care because everyone's goals are unique.

In anticipation of your initial appointment with us, we want to give you some preparation around the types of questions we will ask and the types of topics we will discuss together. No need to fill anything out beforehand, unless taking notes is helpful to you in answering these questions during your visit. By sharing your answers to these questions with us, we get to learn more about you in a more holistic way so that we can best support you through your journey.

Here are the following questions/topics we will discuss together:

Patient goals and questions

What are your goals for today's visit?

Are there specific concerns or requests that you have for today's visit (e.g., side effects, cost, transportation, confidentiality)?

Are there particular styles of learning or ways of understanding information that are important to your care (e.g., handouts, visuals, verbal explanation)?

Name and gender identity

Current name (how may we refer to you today):

Current legal name:

Current legal sex/gender marker on driver's license and gender on insurance card:

Current pronouns, and any plans to change pronouns:

How do you describe your gender?

Gender story

Can you tell us when you came to discover your gender and what that experience has been like for you?

What helps you to feel gender euphoric?

Is there anything that activates (gender) dysphoria for you?

What are your goals for gender-affirming care (e.g., embodiment goals, social goals, emotional goals)?

Have you ever utilized medication(s) for gender affirmation? If so, what were they? (Include medication name, how obtained, doses.)

Have you had any gender-affirming surgeries or procedures in the past?

Is it an important goal for you to have gender-affirming surgery/procedures in the future?



Parts of the body

Part of providing safe care for you might involve talking about what body parts you currently have. Is it okay to discuss body parts with you, and if so, what terms do you prefer?

In particular, it is helpful for us to know whether you have any of the following body parts: breasts, vulva, vagina, ovaries, uterus, cervix, penis, testes

Medical history and current care

Do you have a primary care provider?

If so, who/where?

When was your last visit?

Was any lab work done at that visit, and if so, what?

Do you have any medical conditions that you think might impact your gender-affirming care?

Do you have any specialists whom you see regularly?

Do you have a therapist and/or psychiatrist?

If so, who/where?

If not, do you want one or feel you don't need one?

Social history

Who are your supports?

Are there any personal, social, or family concerns that you would like to discuss today?

Is there anyone or anything in your life that is making you feel unsafe?

Do you currently use tobacco and/or nicotine?

If so, in what form and how often?

Do you currently drink alcohol?

If so, how often?

Do you use any recreational or non-prescription drugs?

If so, what and how often?

Reproductive life plan

Do you have any current or future plans for biological children?

Are you or your partner(s) currently trying to prevent pregnancy?

If so, what method of contraception are you using?