

LGBTQIA+ Health Care Guide

Finding the Right Doctor

Finding a doctor who you're comfortable with is key to staying healthy. Be sure to search for doctors who are in the Friday Health Plans network at carenavigator.fridayhealthplans.com.

Questions to ask to ensure it's a good fit:

- Do you have experience treating patients of my (identity)?
- Do you have resources to reach out to if you haven't treated someone of my identity before?
- Can you connect me with specialists who are educated in LGBTQIA+ health issues?
- How can I take an active role in ensuring my health, considering my identity?
- Do any LGBTQIA+ employees work on staff?

Navigating Visits: Sexual Health, Gender Affirming Care, & Preventative Care

Sexual health care is a part of every Friday plan. Benefits include:

- Free preventative STI screenings
- \$0 birth control
- HIV prevention/screenings
- PreP and other HIV/AIDS preventative drugs don't require a referral and are covered
- Free cancer screenings

Gender affirming care is unique to every person, but no matter your journey, here's what you need to know:

- While you will have to use your legal name to apply for coverage, you can contact the Friday Care Crew to update your name. Unfortunately, we cannot update pronouns at this time. But be sure to tell your doctor(s) your pronouns.
- Every Friday plan covers treatment for gender dysphoria but check your plan's Evidence of Coverage (EOC) for specifics.
- Access to Hormone Replacement Therapy (HRT) is easy through Friday's expansive pharmacy network and prescription benefits.

Taking **preventative measures** for your health is essential. This refers to services such as OB-GYN visits or breast cancer screening for trans-masculine/FTM individuals, colon/prostate screenings for trans-femme/MTF individuals, and/or HIV prevention. When disclosing your identity, be sure to ask your doctor about options.



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Mental Health

Friday Health Plans is proud to offer \$0 mental health counseling visits on most plans! All Friday members can also use Teladoc for \$0 counseling sessions 24/7 by phone or video if they are over 18 years old. Please note that \$0 visits are for counseling only and do not extend to other mental health services like in-patient stays and visits where medications are prescribed. However, we cover many generic brands of prescriptions.

Knowing Your Rights

Under the [Affordable Care Act](#), “the provision in Section 1557 prevents health care providers and insurance companies from discriminating on the basis of race, color, national origin, sex, age or disability in certain health programs and activities.”

[Bostock v. Clayton County](#), last year’s decision by the U.S. Supreme Court, found that LGBTQIA+ people are protected by the Civil Rights Act of 1964 banning discrimination based on sex.

Contact the Friday Care Crew with any questions.



800-475-8466
questions@fridayhealthplans.com

