

MaineCare



Gender Affirming Care Coverage Guide

At MaineCare, our members' health and well-being is important to us. We want to ensure you get the health care services that you need, and that you have the information necessary to make informed decisions.

The World Health Organization defines gender-affirmative health care as "any single or combination of a number of social, psychological, behavioral or medical (including hormonal treatment or surgery) interventions designed to support and affirm an individual's gender identity".¹

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¹ World Health Organization. Gender Incongruence and Transgender Health in the ICD. Retrieved April 27, 2023, from <https://www.who.int/standards/classifications/frequently-asked-questions/gender-incongruence-and-transgender-health-in-the-icd>

Care Coverage

MaineCare covers several medically necessary gender-affirming treatments for members with the clinical diagnosis of gender dysphoria. Gender dysphoria is the distress someone feels when their appearance does not reflect their gender.

Medically necessary means it is a service or procedure that is needed to diagnose or treat a condition or symptom and is accepted as a standard of clinical care. Some examples of medically necessary gender-affirming treatments are:

- Gender-affirming surgeries;
- Hair removal;
- Behavioral health services; and
- Hormone treatments.

The Standards of Care (SOC) from the World Professional Association for Transgender Health (WPATH) is one of the guidelines MaineCare uses to decide what gender affirming care is medically necessary. MaineCare also coordinates with your health care team. For some services, a prior authorization is required. A prior authorization is a request to MaineCare for coverage of certain treatments or procedures. For example, before completing a vaginoplasty surgery, a prior authorization will need to be submitted and approved in order to have the procedure reimbursed by MaineCare.

Note: It may be helpful to contact a health care provider or other trusted resource for further guidance or explanation on the technical terms or concepts used in this guide.

Gender-Affirming Primary Care

An important part of gender-affirming care is finding a trusted Primary Care Provider (PCP). Your PCP can offer annual wellness exams, cancer screenings, immunizations, and other primary care needs. They can also help connect you to useful resources, answer your questions, and refer you to specialist care as needed. Please check with MaineCare member services at **1-800-977-6740** (TTY users dial 711) to make sure the PCP you choose accepts MaineCare. For additional information, MaineQueerHealth is a resource for LGBTQ+ health information that is specific to Maine.

Gender-Affirming Hormone Therapy and Puberty Blockers

MaineCare covers medically necessary puberty blockers and hormone replacement therapy. Both puberty blockers and hormone replacement therapy are prescribed and managed by a health care provider, like an endocrinologist or a PCP. If you are interested in this type of treatment, talk with your PCP to learn more.

Care Coverage

Behavioral Health Services

There are behavioral health providers who can help diagnose and support members with gender dysphoria, which may include exploring gender identity, help with coming out and social transition, or getting ready for gender-reassignment surgery. MaineCare covers many behavioral health services, such as individual and group therapy.

MaineCare will cover gender-affirming surgery only if you received a diagnosis of gender dysphoria and a letter from an appropriate medical or behavioral health provider and/or multidisciplinary team involved in your treatment.

Your PCP or MaineCare member services can help you find a behavioral health provider in your area. You may also find help on Psychology Today's [Therapist Finder](#), which has filters for LBGTQ+ and MaineCare, or on [MaineQueerHealth](#).

Care Coverage

Gender-Affirming Surgeries

Gender affirming surgery refers to procedures that help people align with their self-identified gender. MaineCare covers many gender-affirming procedures. See the list below for some of the most common examples. If you have any questions about what MaineCare covers, please call **MaineCare member services at 1-800-977-6740** (TTY users dial 711).

You need to get a prior authorization before all gender affirming surgeries and procedures. Please speak to your health care team to begin this process.

If a necessary surgery is not available in the state of Maine, the prior authorization process can help you get care outside of Maine.

Surgeries and Procedures

Breast Augmentation, including;

- Surgery to increase breast size (augmentation mammoplasty)

Chest Reconstruction, including;

- Removal of all breast tissue (bilateral mastectomy)
- Breast reduction (lipectomy)

Facial Surgeries, including;

- Removal of excess eyelid skin (blepharoplasty)
- Facelift (rhytidectomy)
- Tracheal shave (chondrolaryngoplasty)
- Facial bone alteration (osteoplasty)

Genital Surgeries, including;

- Removal of the uterus (hysterectomy)
- Removal of testicle(s) (orchietomy)
- Surgical construction of a vagina (vaginoplasty)
- Surgical construction of a penis (metoidioplasty or phalloplasty)
- Surgical construction of a scrotum (scrotoplasty)
- Surgical reduction of the labia (labiaplasty)

Hair Procedures, including;

- Hair removal (electrolysis)
- Hair transplant

Voice Surgery, including;

- Vocal fold surgery (laryngoplasty)

Helpful Links

[Equality Maine](#)

[Gender Affirming Terms and Concepts from The National LGBTQIA+ Health Education Center](#)

[MaineQueerHealth](#)

[Psychology Today Therapist Finder](#)

[World Professional Association for Transgender Health \(WPATH\): Standards of Care 8](#)