

Gender Affirmation Pre-Surgery Checklist

For students who have the BU Student Health Insurance Plan (SHIP)

Note: Hormone replacement therapy does not require the following steps

What you need to do:

- Call your insurance company
 - Ensure that your medical provider, mental health provider, and surgeon are all in-network providers (ALL SHS providers are considered in network).
 - Clarify how many letters of referral are required for specific surgeries.
 - Ask which medical procedures are covered by the insurance and what the **estimated out of pocket expenses** are for each. Ask which components of the medical procedure are covered (for example: double mastectomy may not include nipple reconstruction).
- See an in-network provider
 - Charles River Campus students: You will need to see a primary care provider at BU Student Health Services (SHS) initially.
 - Medical Campus students: You may see any in-network provider you choose
- See a mental health provider. You can start the process at the Behavioral Medicine Department at BU SHS or see your in-network mental health providers.
- Establish an appointment with a surgeon. The [referral coordinator at BU SHS](#) can assist with this process.
 - Ask your surgeon what their requirements are (i.e. additional letters of referral from a mental health provider, hair removal, etc.).

What you need to have:

Visit the [Aetna website](#) to ensure you know all of the requirements for different surgeries; however, you are likely to need:

- Referral from in-network provider to the surgeon.
- Letter of referral from your mental health provider (Master's level clinician or higher).
 - Depending on surgery, you may need a letter of referral from more than one mental health provider.
 - Top surgery usually requires a letter of referral from one mental health provider.
 - Bottom surgery requires letters of referral from two mental health providers. One can be your therapist and the other has to be an assessment clinician.
- Meet any requirements the surgeon has
 - _____
 - _____
 - _____
- Aftercare plan
 - Consider what friends, family, or other resources could help support you during your recovery,
 - Most surgeons have specific discharge instructions that you will receive after surgery. Ask if you can receive a copy of these instructions in advance so you can familiarize yourself with the information and create a plan for your recovery.

Gender Affirmation Pre-Surgery Checklist

For students who do not have the BU Student Health Insurance Plan (SHIP)

What you need to do:

- Call your insurance company:
 - Ask what qualification requirements they have for mental health providers who will be providing letters of referral for surgery (i.e. masters or doctorate level education)
 - Ensure that your medical provider, mental health provider and surgeon you plan to see are in-network providers.
 - Clarify how many letters of referral are required for specific surgeries.
 - Ask which medical procedures are covered by the insurance and what the **estimated out of pocket expenses** are for each. Ask which components of the medical procedure are covered (for example: double mastectomy may not include nipple reconstruction).
 - Ask if your insurance covers incidentals (such as: transportation or housing during the surgery).
 - If you are not the primary subscriber to your insurance, ask where correspondence will be mailed.
- See an in-network provider. You can start the process at the Primary Care Department at BU Student Health Services (SHS) or see your in-network primary care providers.
- See an in-network mental health provider. You can start the process at the Behavioral Medicine Department at BU SHS or see your in-network mental health providers.
- Establish an appointment with a surgeon. The [referral coordinator at BU SHS](#) can assist with this process.
 - Ask your surgeon what their requirements are (i.e. additional letters of referral from a mental health provider, hair removal, etc.).

What you need to have:

Check with your insurance company to ensure you know all of the requirements for different surgeries; however, you are likely to need:

- Referral from in-network provider to the surgeon.
- Letter of referral from your mental health provider.
 - Depending on the surgery, you may need a letter of referral from more than one mental health provider.
- Any additional requirements the surgeon has
 - _____
 - _____
 - _____
- Aftercare plan
 - Consider what friends, family, or other resources could help support you during your recovery.
 - Most surgeons have specific discharge instructions that you will receive after surgery. Ask if you can receive a copy of these instructions in advance so you can familiarize yourself with the information and create a plan for your recovery.