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*

<table>
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<th>What you need to do:</th>
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| • Call your insurance company  
  o Ensure that your medical provider, mental health provider, and surgeon are all in-network providers (ALL SHS providers are considered in network).  
  o Clarify how many letters of referral are required for specific surgeries.  
  o 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  
  o Charles River Campus students: You will need to see a primary care provider at BU Student Health Services (SHS) initially.  
  o 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.  
  o Ask your surgeon what their requirements are (i.e. additional letters of referral from a mental health provider, hair removal, etc.). |

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<th>What you need to have:</th>
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<tbody>
<tr>
<td>Visit the <a href="#">Aetna website</a> to ensure you know all of the requirements for different surgeries; however, you are likely to need:</td>
</tr>
<tr>
<td>• Referral from in-network provider to the surgeon.</td>
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</table>
| • Letter of referral from your mental health provider (Master’s level clinician or higher).  
  o 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  
  o Consider what friends, family, or other resources could help support you during your recovery,  
  o 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.