

Gender Transition/Affirmation FAQ

LIFEWISE HEALTH PLAN OF WASHINGTON

What does the gender transition/affirmation benefit cover?

The gender transition/affirmation benefit provides coverage for the treatment of gender dysphoria, formerly called gender identity disorder.

Benefits are:

- Provided for medically necessary surgical services, including facility and anesthesia fees
- Available for specialized surgical procedures (breast/chest and genital) and body masculinization/feminization surgical procedures recognized as medically necessary
- Other related services depending on your plan

Requirements for surgical procedures vary and are outlined below. This benefit works the same as other benefits in your medical plan. Standard copays, coinsurance, deductibles, and limitations apply.

There is no lifetime limit for covered surgical gender transition/affirmation services. Check your benefit booklet for your out-of-pocket maximum.

This benefit covers you, your spouse/domestic partner, and enrolled dependents. You must be:

- Age 18 or older and capable of making an informed decision about consenting to treatment*
- Diagnosed with gender dysphoria

*Coverage for non-surgical treatment of gender dysphoria (such as hormones and psychological therapy) is available.

This document tells you:

- What is covered
- Who is eligible
- How to get approvals
- How to get your coverage
- Answers to commonly asked questions • Resources

LifeWise has Personal Health Support clinicians who can help you navigate this complex benefit. Call 800-817-3056 (TTY: 711).



Specialized surgical procedures

Covered services include, but are not limited to, the following surgeries. They must be medically necessary and meet plan requirements. Select outpatient and inpatient surgeries and some other services and supplies require preapproval (prior authorization). These procedures DO require recommendation letter(s).

	Breast/Chest	Genital
FEMALE TO MALE	Mastectomy	Hysterectomy Phalloplasty* Scrotoplasty Vaginectomy Vulvectomy
MALE TO FEMALE	Breast augmentation Nipple reconstruction	Clitoroplasty Labiaplasty Orchiectomy Penectomy Vaginoplasty*

* Includes hair removal prior to surgery.

Who is eligible?

Medically necessary, surgical gender affirmation or transition reassignment services are available for covered spouses / domestic partners, and dependents, if the covered individual is at least 18 years old.

Do I need prior authorization to receive services?

Your doctor is strongly encouraged to submit a prior authorization request to LifeWise to find out if the plan covers your surgery. For some services, prior authorization is required. The physician who will perform the service(s) should submit the prior authorization request. The request can be submitted through the LifeWise resources listed below.

For gender affirmation/transition services, the prior authorization request should include:

- The surgical procedure(s) for which coverage is being requested
- The date the procedure will be performed
- Information that confirms that services are recognized as medically necessary for the surgery being requested
- Required letter of recommendation from mental health professionals

For genital surgery:

You must have one letter of recommendation for surgery. Letter must be based on evaluation or psychotherapy done within the last six months. The letters can be from master's degree level or doctoral level professionals. The letter must show that you have persistent gender dysphoria.

You must also have an evaluation within the last six months by the surgeon who is going to do the surgery that shows that you are healthy enough for surgery.

For breast/chest surgery:

You must have one letter of recommendation for surgery from a mental health professional. The letter must be based on an evaluation or psychotherapy done within the last six months. The letter can be from a master's degree level or doctoral-level professional. The letter must show that you have persistent gender dysphoria.

You must also have an evaluation within the last six months by the surgeon who is going to do the surgery that shows that you are healthy enough for surgery. Please note: Reviews may take up to 15 days to be completed.

Claims processing and reimbursement: You or your doctor

will need to submit claims for processing.

If your doctor or facility is in network:

Doctors or facilities (such as hospitals and surgical centers) who contract with LifeWise to provide services will submit claims for you. Using a provider in your plan network will protect you against high, unexpected out-of-pocket costs and deliver the highest level of coverage. Refer to [Gender Affirmation/Transition Services](#) on lifewise.com to find resources and in-network providers or call LifeWise customer service at **800-817-3056** (TTY:711) for help finding a provider in your network.

If your doctor or facility is out of network:

You may submit a claim form to LifeWise. Please make sure you have all the procedure and diagnosis codes, as well as costs for each procedure and medical records. This will ensure timely and accurate processing of your claim(s). When using an out-of-network provider, be sure to advocate for yourself. Ask the provider for pricing and any estimated out-of-pocket costs upfront.

Additional Information:

We're here to help! If you have questions about gender affirmation/transition services, claims, or the preservice review process, you may use the following resources:

- Refer to [Gender Affirmation/Transition Services](#) on lifewise.com to find resources and in-network providers
- Call customer service at 800-817-3056 (TTY:711)
- Send a secure email when you sign-in to your account at [lifewise.com](#).

Use in-network doctors when possible, to get the most out of your benefits. Find doctors in your network with the Find a Doctor tool when you sign in at [lifewise.com](#). Refer to [Gender Affirmation/Transition Services](#) on [lifewise.com](#) to find resources and in-network providers or call LifeWise customer service at 800-817-3056 (TTY:711) for help finding a provider in your network.

Many sex reassignment surgery (SRS) doctors are out of network. If you receive services from an out-of-network doctor, your medical plan will pay at the out-of-network benefit level. Out-of-network doctors may require up-front payment for their services. LifeWise may be able to work with the doctor to reduce your costs. If interested, doctors may request a letter of agreement (LOA) by contacting any of the LifeWise resources below. Out-of-network doctors may submit an LOA when covered services are not available within the existing LifeWise network.

Before signing a private payment form, check with LifeWise customer service at 800-817-3056 (TTY:711). We may be able to help you reduce your out-of-pocket costs when using an out-of-network provider.

We advise you to keep copies of letters of recommendation and bring them to your doctor or surgeon. Your doctor will submit them as part of your prior authorization request. Each recommendation must state that the surgery is medically necessary.

Commonly asked questions

Which gender affirming doctors are in my plan's network? How do I determine if a gender affirming doctor is in my plan's network?

To confirm that a doctor you've been referred to is in your network, do one of the following:

- Sign in to your account on lifewise.com and use the Find a Doctor search tool
- Refer to [Gender Affirmation/Transition Services](https://lifewise.com) on lifewise.com to find resources and in-network providers
- Call LifeWise customer service at **800-817-3056** (TTY:711)

Many gender-affirming doctors are out of network. In these cases, the medical plan would pay at the out-of-network benefit level. Out-of-network doctors may require up-front payment for their services. LifeWise may be able to work with the provider on a letter of agreement, stating the intent to pay for the services up to the benefit limit covered under the prior authorization. LifeWise recommends knowing the requirements of the benefit when seeking surgical services. Take copies of the benefit language and required letters from the mental health professionals when you see the surgeon so that they can submit them with the clinical information.

What does LifeWise consider to be a "mental health professional"? Are there certain provider types or education requirements?

For the gender affirmation/transition services benefit, a mental health professional is defined as any master's degree or doctoral degree level mental health practitioner. The Mental Health benefit section of the benefit booklet (found at lifewise.com) provides more detailed information.

Is gender affirmation/transition medical treatment for children covered?

Yes. The plan will cover non-surgical medical treatment (such as mental health visits and hormone therapy for adolescents) for minors with a diagnosis of gender dysphoria. Surgical interventions are considered when individuals reach age 18 or as outlined in the benefit booklet (found at lifewise.com).

Are the mental health visits covered by the plan?

Yes. The plan covers any of the associated mental health visits the same as any other service under the benefits of the medical plan. When seeing an out-of-network provider, you are also responsible for the difference between the amount the plan pays and the billed charges.

Are estrogen patches covered for hormone replacement therapy?

Yes. This benefit will be covered under the Prescription Drug benefit.

Will hair removal be covered for male to female transition?

Hair removal is covered prior to phalloplasty and vaginoplasty. Hair removal from other body areas may also be covered when medically necessary. Please refer to the benefit booklet (found at lifewise.com) and the medical policy for more information. When seeing an out-of-network provider, you are responsible for the difference between the amount the plan pays and the billed charges.

Will testosterone replacement be covered?

Yes. When seeing an out-of-network provider, you are responsible for the difference between the amount the plan pays and the billed charges.

What procedures are specifically excluded under this benefit?

Surgeries primarily for feminization or masculinization are covered when medically necessary. No procedures are excluded as cosmetic. Please refer to the benefit booklet (found at lifewise.com) and the medical policy for more information.

LIFEWISE RESOURCES

[Gender Affirmation/Transformation Services](#) on lifewise.com

Customer service: **800-817-3056** (TTY:711) (5 a.m. – 8 p.m. Pacific Time)

Care management: **800-817-3056** (6 a.m. – 5 p.m. Pacific Time)

Find a Doctor tool: [lifewise.com](#)

Submit preservice review requests to:

LifeWise Health Plan of Washington

Fax: 888-613-1497

Submit claim forms to:

LifeWise Health Plan of Washington

PO Box 21552

Eagan, MN 55121

Online:

- Sign in to your account on [lifewise.com](#)
- Submit claim forms through the secure inbox

Notice of availability and nondiscrimination 800-592-6804 | TTY: 711

Call for free language assistance services and appropriate auxiliary aids and services.

Llame para obtener servicios gratuitos de asistencia lingüística, y ayudas y servicios auxiliares apropiados.

呼吁提供免费的语言援助服务和适当的辅助设备及服务。

呼籲提供免費的語言援助服務和適當的輔助設備及服務。

Gọi cho các dịch vụ hỗ trợ ngôn ngữ miễn phí và các hỗ trợ và dịch vụ phụ trợ thích hợp.

무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 신청하십시오.

Звоните для получения бесплатных услуг по переводу и других вспомогательных средств и услуг.

Tumawag para sa mga libreng serbisyo ng tulong sa wika at angkop na mga karagdagang tulong at serbisyo.

Звертайтеся за безкоштовною мовною підтримкою та відповідними додатковими послугами.

សូមហៅទូរសព្ទទៅសេវាជំនួយភាសាដោយឥតគិតថ្លៃ ព្រមទាំងសេវាផ្សេងៗ ដើម្បីជួយចំណាត់ថ្នាក់ដល់សមាស្បៀងផ្សេងៗ។

無料言語支援サービスと適切な補助器具及びサービスをお求めください。

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Tajaajiloota deeggarsa afaan bilisaa fi gargaarsaa fi tajaajiloota barbaachisaa ta'an argachuuf bilbilaa.

ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਅਤੇ ਉਚਿਤ ਸਹਾਇਕ ਚੀਜ਼ਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਵਾਸਤੇ ਕਾਲ ਕਰੋ।

Fordern Sie kostenlose Sprachunterstützungsdienste und geeignete Hilfsmittel und Dienstleistungen an.

ໃຫ້ເພື່ອນບໍລິການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ແລະ ການບໍລິການ ແລະ ການຊ່ວຍເຫຼືອພິເສດທີ່ເໝາະສົມແບບບໍ່ເສຍຄ່າ.

Rele pou w jwenn sèvis asistans lengwistik gratis ak èd epi sèvis oksilyè ki apwopriye.

Appelez pour obtenir des services gratuits d'assistance linguistique et des aides et services auxiliaires appropriés.

Zadzwoń, aby uzyskać bezpłatną pomoc językową oraz odpowiednie wsparcie i usługi pomocnicze.

Ligue para serviços gratuitos de assistência linguística e auxiliares e serviços auxiliares adequados.

Chiama per i servizi di assistenza linguistica gratuiti e per gli ausili e i servizi ausiliari appropriati.

اتصل للحصول على خدمات المساعدة اللغوية المجانية والمساعدات والخدمات المناسبة.

برای خدمات کمک زبانی رایگان و کمک‌ها و خدمات امدادی مقتضی، تماس بگیرید.

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