



**Welcome to Family Tree Clinic! We are honored to join you at this time in your life.**

Family Tree Clinic is proud to offer gender affirming hormone care under an informed consent model, which allows access to hormone care without undergoing mandatory mental health evaluations or needing a referral letter. We strive to remove barriers to access and put you in charge of your health care.

At your initial visit with your provider you will establish care, review health history, and discuss hormone care. It is a time where you can get to know your provider and for them to get to know you. This is a great time to ask questions! If this visit is in person, blood work will be drawn to give the provider a picture of your health and rule out any complications with taking hormones. At your second visit, your provider will review your lab results, and complete a quick, clothed medical exam. You will be able to discuss your goals, the benefits and risks of hormone therapy, and a plan may be made at this appointment for your hormone start.

Generally, Family Tree has new hormone patients come back for check ups and lab work every 3-4 months for the first year, though this may vary from person to person. Everyone is different, so you and your provider will make a plan of care that best suits you.

Family Tree Clinic strives to help our patients navigate all aspects of gender affirming care. This welcome packet gives you various resources that may be of use to you, depending on your own path. As Patient Resources Coordinator, I am available to help you navigate other aspects of your health such as finding a competent primary care or mental health provider.

**In this welcome packet you will find:** informational brochures and FAQ's, prior authorization information, Family Tree Clinic services, mental health resources, and various other patient resources.


We want your experience at Family Tree Clinic to go as smoothly as possible for you, and it is our goal to be responsive to the needs of our community. Please let us know if there is anything we can do to make your care at Family Tree Clinic better.

Thank you again for choosing Family Tree Clinic – we're so excited for you!

Addy Welch (they/he)

Patient Resources Coordinator

 [awelch@familytreeclinic.org](mailto:awelch@familytreeclinic.org)

 Call or text: (612) 454 - 0738