Tips for Graduating Trans and Gender Non-Conforming Students

Hormone Refills
The UHS Pharmacy can only provide a 30-day prescription at the time of graduation. We may be able to send a prescription to an outside pharmacy for 30-90 days after graduation, but this will depend on your current insurance status.

You can use GoodRx.com to find discounts on hormone prescriptions that don’t require insurance. GoodRX may also be cheaper than the copay for medications with your insurance. You will still need a prescription from a clinician for the medication, so be sure to plan ahead.

Hormone Prescribers Outside of UHS
- UHS Trans Additional Resources
- Planned Parenthood - Many provide gender affirming hormone therapy - check with your local Planned Parenthood. The closest one to Berkeley is Mar Monte.
- Kaiser Permanente
- Lyon Martin in San Francisco
- Jess Pinder, NP, One Medical in Berkeley
- UCSF Center for Excellence in Transgender Health
- UCLA Gender Health Program
- Cedars-Sinai Transgender Surgery and Health
- WPATH Provider Search

Medical Records
It’s helpful for continuity of care to have your Berkeley medical records transferred to your new health care office. There is no fee for this service. Print and complete a release form or pick up a copy at UHS. The form must be filled out in its entirety. Mail to: UHS Health Records, 2222 Bancroft Way, Berkeley, CA, 94720. Fax to: (510) 642-1801. Drop off at: Health Records front desk at UHS on the 2nd floor.

Other Resources
- Folx Health - A virtual queer and trans health resource.
- Pacific Center - 2712 Telegraph Avenue, Berkeley, CA, 94705. Phone: (510) 848-8483
- National Queer and Trans Therapist of Color Network