Transgender Surgery and Services

The Trans Care Team at University Health Services is here to guide and support you through this process, ensuring that your surgery will have the best possible outcome. This takes time: our best piece of advice is to take your first steps at least 3-6 months before your hoped-for surgery date.

**I have SHIP**

**STEP 1**
Schedule a private benefits appointment with Bahar Navab, Health Information and Insurance Manager, to discuss the approval steps as well as to obtain names of in-network providers. Bahar will work with your provider (see Step 3) to submit referrals for electrolysis, fertility preservation, or surgery consultation.

**STEP 2**
If you are considering surgery, set up an appointment with Counseling and Psychological Services (CPS) or Social Services to obtain an assessment for supporting documentation. This process may take 3-6 months.
CPS: (510) 642-9494
Social Services: (510) 642-6074

**STEP 3**
Schedule a visit with one of the Tang Center Trans Care Team Primary Care Clinicians. They can submit a referral for electrolysis or surgery consultation and will also make sure that you are in the best possible health pre-operatively. They can also advise regarding timing of surgery/electrolysis as it relates to hormone treatment, and can assist with post-operative care as needed.
(510) 642-2000 | etang.berkeley.edu

**STEP 4**
Surgical provider files necessary paperwork for pre-authorization with Berkeley SHIP. Allow Berkeley SHIP 2-4 weeks to process authorization prior to surgery.

**STEP 5**
Surgery scheduled through your surgeon's office.

**I don’t have SHIP**

**STEP 1**
Talk with your insurance company about coverage options.

**STEP 2**
If you are considering surgery, set up an appointment with Counseling and Psychological Services (CPS) or Social Services to obtain an assessment for supporting documentation. This process may take 3-6 months.
CPS: (510) 642-9494
Social Services: (510) 642-6074

**STEP 3**
Schedule a visit with one of the Primary Care Physicians who is part of the Trans Care Team. Tell them you are seeking surgical care. They will submit a referral for electrolysis or surgery consultation and will also make sure that you are in the best possible health pre-operatively. They can also advise regarding timing of surgery/electrolysis as it relates to hormone treatment, and can assist with post-operative care as needed.
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**STEP 4**
Reconnect with your insurance provider for next steps according to your plan guidelines.

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**TRANS CARE TEAM**

**PRIMARY CARE CLINICIANS**

Allison Aiken, MD
Anna Harte, MD
Michelle Kay, NP

**COUNSELORS**

Laura Alie, Psy.D.
Don Capone, Psy.D.
Tobirus M. Newby, LCSW
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For more information, visit uhs.berkeley.edu/pride

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