

Resources for individuals age 17 years and older:

Seattle Children's Gender Clinic sees new patients up to age 16 years old, and we begin discussing transferring care to an adult provider before age 18. Once a patient turns 17 years old we typically do not establish care. We refer patients age 17 and older directly to community providers who can provide medical care and continue with the patient into adulthood. See below for a list of providers who see patients age 17 and older.

Medical providers who provide gender-affirming medical care to adolescents as young as 17 years old, and can continue to care for you into adulthood:

- Swedish Family Medicine – 206-386-6111
Kevin Wang, MD
Insurance information: <https://www.swedish.org/insurance-providers>
- PolyClinic – 206-860-4700
Andrew Smith, MD (seeing patients 14 years old and up)
- Queen Anne Medical – 206-281-7163
- QueerDoc – 541-604-8276
This practice operates via telehealth only and does not accept insurance for doctor visit fees (patients can use insurance for medications and lab work)
- Sparkwell Health – 360-633-9146, www.sparkwell.xyz
Cedar Elliot Durfee, MSN, CNM, ARNP
Insurance information: In-Network with Aetna, Cigna, First Choice Health Network, Premera, Molina, and Regence BCBS of WA. Also accepting Kaiser (non-core plans) Access PPO & Options Federal under First Choice

Additional options for individuals 18 years and older:

Gender-affirming medication prescribers for individuals 18 years and older:

- Planned Parenthood has providers who are able to prescribe affirming medications for gender diverse patients. Washington locations:
<https://www.plannedparenthood.org/health-center/wa>
- Cedar River Clinics <http://www.cedarriverclinics.org/lgbtqwellness/>
- Country Doctor Clinic <https://countrydoctor.org/>
- Swedish Transgender Health offers primary care, gender-affirming surgeries, and healthcare navigation: call 1-866-366-0926
<https://www.swedish.org/services/transgender-health>

Primary care providers who provide gender-affirming care for adults:

- Virginia Mason <https://www.virginiamason.org/transgender-health-care-team>
- HealthPoint (search provider directory by category “transgender health”
<http://www.healthpointchc.org/care-team>
- Swedish Family Medicine Clinics <https://www.swedish.org/services/swedish-family-medicine-network>
- UW Medicine has a number of primary care providers in their system who are trained to also provide gender care. Patients can also go online before their appointment to set up their patient profile and fill in information about their name, pronouns, and what kind of care they need: <https://ecare.uwmedicine.org/prod01/>.

- Hall Health at the University of Washington offers primary care and has a number of providers who offer gender-affirming care: <https://wellbeing.uw.edu/gender-affirming-care/>

Telehealth and Subscription Options

- QueerDoc telehealth option: <https://queerdoc.com/>
- Plume is an app-based telehealth option for gender-affirming care: <https://getplume.co/>
- Folx is an app-based telehealth option for gender care with monthly subscriptions: <https://www.folxhealth.com/>

Ingersoll Gender Center Healthcare Navigator

- This is a great resource for adult patients needing support and referrals around gender care. Ingersoll Gender Center has a healthcare navigator that can help you find gender-affirming medication prescribers, therapists, surgeons and get you connected to care. You can reach them at (206) 849-7859 or health@ingersollgendercenter.org.