Becoming a Patient

Initial Visit
At your first visit, we will work with you to ensure you understand hormone therapy (HRT), the medications you will receive, and evaluate any other needs. This visit often requires lab work, and you may have more than one visit before you begin treatment.

Next Steps
Once we have determined it is safe for you to begin HRT, most patients will expect to be seen for follow-up visits at 3, 6, and 12 months in your initial year. Hormone therapy is unique to every individual, so individual doses, types of medications, and visits may vary based on your needs.

How much will this cost?
We have self-pay options, or you may use your insurance if in network. There is no cost for meeting with our social work staff for intakes, but there is a fee for blood work and meeting with a nurse or physician.

The cost for filling a hormone prescription varies based on what type of hormones are prescribed, how they are administered, and if you have insurance. However, hormone prescriptions are usually not a financial burden for most people. If cost is a concern, we can help you explore community resources.

We are committed to improving the way transgender and gender expansive people receive health care in our region. VLPP is proud to continue to partner in new ways with our transgender community.

The Virginia League for Planned Parenthood operates health centers in Richmond, Hampton, and Virginia Beach.

To learn more about our program, please call 1-800-230-PLAN (7526), visit us online at www.vlpp.org, or connect with us via email at transgenderhealth@vlpp.org.
Patient Services
In addition to offering hormone provision, we also aim to provide all of our other services in an inclusive and affirming environment. Those services include:

- Annual exams, including Pap tests
- Cervical cancer screening, including colposcopy and LEEP
- Comprehensive primary care
- Birth control
- Emergency contraception
- Pregnancy testing
- HPV vaccine
- Abortion services
- Sexually transmitted infection (STI) testing and treatment
- PrEP and nPEP

Hormone FAQs

What is hormone provision/therapy?
Hormone therapy (HRT) is when a medical provider prescribes hormones to someone that their body doesn’t make and/or when they get medicine that blocks the hormones that their body does make.

Will my identity and what I want hormones to do to my body be respected?
Yes. VLPP can’t change what hormones will do to your body, but we can work with you to help you get as close as you can to the body changes you want.

How old do I have to be?
VLPP currently serves patients 16 & older for HRT, with the hope to serve younger patients in the future. If you are under 18, we do need parental/guardian consent. If you are younger than 16 and interested in HRT, call our Transgender Health Line and we will do our best to assist you.

Informed Consent

Do I need a letter from a therapist?
VLPP believes that people have a right to make decisions about their gender, gender identity, and whether they would like to use hormone therapy (HRT). This means that we provide complete, accurate information about HRT and help you make an informed decision. Historically, doctors have required referral letters from a therapist. However, we recognize that this can create a barrier for many people. Our informed consent model does not typically require a referral letter.

Will I definitely be prescribed hormones?
Unfortunately, nothing is guaranteed. Prior to prescribing hormones, we have to do an intake with each person to make sure there are no major health concerns and that you are making an informed decision. Our multidisciplinary team believes in self-determination, and it is our goal to work with you to meet your needs to the extent that we are able. We work hard for each person to verify if hormones will be safe, and if we do have concerns, to discuss them with you.