**10 Key Points for Transgender Medical Care as of 17MAY25**

1. **Find a TRICARE Provider Now**   
   Use <https://tricare.mil/finddoctor> to locate a TRICARE-authorized prescriber (in-network) who can take over your HRT care.
2. **Gather Documentation**  
   Obtain your **medical records**, including current hormone therapy (HT) prescriptions, dosages, and recent labs, to minimize delays during care transfer.
3. **Use Proper Language**  
   Ensure your medication is listed as part of your “**military medical treatment plan**” when communicating with providers to align with VA documentation standards.
4. **Already Have a TRICARE PCP?**  
   Ask if your **current TRICARE Primary Care Provider** can oversee HRT. This may prevent delays in switching providers.
5. **OCONUS & Remote Location Alert**  
   Those stationed overseas or in remote areas **must still use a TRICARE-authorized provider**. Self-pay or non-network providers may not qualify for VA continuation.
6. **Request Supporting Letter from MTF Provider**  
   Have your current MTF doctor write a letter summarizing your care and recommending continuity of HT. This helps bridge access and VA alignment.
7. **Use This Sample Language in an Email to your Provider**  
   “Due to the 09 May ASD(HA) memo, I may need to transition to TRICARE private care. Can you provide a letter summarizing my care as part of my military medical treatment plan?”
8. **Know Your Rights in PHA & Gender Disclosure**  
   You are **not obligated to answer gender identity questions** on the PHA. These are protected health matters between you and your provider. Self-disclosure is being used to trigger separations.
9. **Watch for Improper Record Access**  
   No MTF or command should pull names without proper cause. If this occurs, it may be a HIPAA violation. If you’re Reserve/Guard and have never used trans health services via TRICARE, you may not be flagged.
10. **Double-Check Your TRICARE & VA Records**  
    Review your records and request a copy to ensure your diagnosis, prescriptions, and treatment plan are documented properly to avoid future access issues.