



## THE ASSISTANT SECRETARY OF DEFENSE

1200 DEFENSE PENTAGON  
WASHINGTON, DC 20301-1200

HEALTH AFFAIRS

APR 21 2025

### MEMORANDUM FOR THE DIRECTOR, DEFENSE HEALTH AGENCY

SUBJECT: Additional Guidance on Treatment of Gender Dysphoria in Minors

This memorandum provides supplemental policy guidance on the provision of care to minors, defined here as individuals who are under 19 years of age, with a diagnosis of gender dysphoria (GD) within the direct care component.

The Department's policy prohibits both the initiation and continuation of puberty blockers or cross-sex hormone therapy for minors. However, military medical treatment facility (MTF) providers who have been treating minors with GD shall inform their patients that, while pubertal suppressants must be immediately discontinued, tapering or immediately discontinuing cross-sex hormones are both valid options. MTF providers will make a joint decision with their patients on which option to pursue. Although MTF providers are otherwise prohibited from writing any prescriptions for pubertal suppressants or cross-sex hormones for the treatment of GD in minors, MTF providers are authorized to write necessary prescriptions to facilitate reduced dosages of hormones to support up to 6-12 weeks of tapering. Any requests to extend this 6-12 week timeline must come to my office for review and approval.

Note that actions are simultaneously underway to revise TRICARE uniform formulary prior authorization forms for cross-sex hormones to comply with the memorandum, "Treatment of Gender Dysphoria in Minors," dated March 13, 2025. As these changes go into effect across all pharmacy points of service under the TRICARE Pharmacy program, patients may fill their tapering prescriptions at private sector pharmacies at their own expense.

A handwritten signature in black ink, appearing to read "Stephen L. Ferrara", is positioned above the printed name.

Stephen L. Ferrara, M.D.  
Acting

cc:

Deputy Assistant Secretary of Defense for  
Health Services Policy and Oversight