

What to expect on your first visit:

Welcome to Planned Parenthood Mar Monte!

To make your appointment successful, we offer some suggestions:

1. In order to decrease the amount of time spent in the waiting room, please call to make an appointment first and request **Transgender Services**. When you check in let our staff know you are there for **Transgender Services**. Please provide your preferred name and preferred pronoun (he or she) at the time of check in. This way, when you are called back to meet with the clinician, your preferred name will be used.
2. The receptionist will hand you paperwork for the Family PACT Program. Although Planned Parenthood Mar Monte does not offer free hormonal therapy, we do offer other low-cost services that can be obtained by qualifying for Family PACT. Eligibility for Family PACT is based on your self-reported income. **REMEMBER:** Family PACT is a state funded insurance program that provides services based on a person's natal/birth sex, so remember to fill out the Family PACT paperwork using your natal/birth sex.
3. When you are called back to meet with the clinician, please be honest about your medical history and sexual risk factors. Remember that all services are confidential (except in cases of abuse), so being open with the clinician will ensure that you are receiving the best health care.
4. As a transgender patient seeking services, you will need to consult with one of our clinicians and complete the following:

A complete medical history

- complete medical, sexual, and surgical history and current health practices

A physical exam

- blood pressure check
- routine screening and evaluation as determined by risk, natal/birth sex, and anatomy

Laboratory testing

- blood work to monitor potential side effects of hormones
- STD/HIV testing

PPMM Health Centers offering transgender services:

Fulton Street
650 N. Fulton St.
Fresno, CA
559.488.4900

Santa Cruz
1119 Pacific Ave., Ste. 200
Santa Cruz, CA
831.426.5550

B Street
201 29th St.
Ste. B
Sacramento, CA
916.446.6921

Fruitridge
5385 Franklin Blvd.
Stes. A-D
Sacramento, CA
916.452.7305



www.ppmarmonte.org