

TGNC CARD

How to use the TGNC Card

1. Fill it out.
2. Give this card to your provider, medical assistant, or nurse, or keep it. It's up to you!
3. See accompanying handout for ideas about things that may help you be comfortable during medical visits.
4. Bring it to your next healthcare appointment.
5. Talk to your provider about privacy & confidentiality.
6. Discuss your general concerns and sexual health concerns with your provider.
7. Let us know how it went at qcardproject.com

Being open about your gender with your provider is a personal decision, and we encourage you to consider your comfort, safety and resources before taking this step.

For Providers

Like with any other patient, you may want to ask me about these other aspects of my health:

Depression and anxiety symptoms
Housing situation
sexual experiences and safer sex practices
Religion and spirituality
Experiences of discrimination/harassment
Smoking (tobacco, marijuana, vapes, etc.)
Drug and alcohol use
Family and social relationships
Intimate partner violence and sexual assault
Family planning
Family planning
Intersecting/other experiences of oppression (race, size, class, ability, etc.)
Gender affirmation steps, choices and needs (hormones, surgeries, documentation, etc.)

Please call me: _____
insert name

My gender pronouns are: _____

My gender identity is:
circle all that apply/ fill in the blank

TRANS WOMAN TRANS MAN AGENDER
NON-BINARY GENDERQUEER
WOMAN MAN

My sex assigned at birth was:
circle all that apply/ fill in the blank

INTERSEX FEMALE MALE I do not care to say

Check one:

- Please talk to me about what words I use to talk about my body parts.
- I am okay with using medical terminology for my body parts.
- Please use gender-neutral terms such as chest and genitals.

I engage in sexual activity with: *circle all that apply*

- Trans women
- Trans men
- Nonbinary/
Genderqueer people
- I am asexual and do not
engage in sexual activity
- Cisgender women
- Cisgender men
- Agender people
- I have not ever had sex
- I do not wish to talk about
my sexual activity at this visit

Things that might help me be more comfortable during medical visits are: _____

See accompanying handout for some ideas.