

## Gender Reassignment Surgery (GRS) Checklist for Students Precertification Process Information and Requirements

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This checklist should be used to help you prepare for Gender Reassignment Surgery with your selected provider. Your provider will need to contact Aetna Student Health directly to begin the precertification process. If you should have any additional questions or require further assistance, please contact Aetna Student Health Customer Service at the Toll Free Number which is listed on your Aetna ID Card.

**Pre-Certification does not guarantee the payment of benefits.** Each claim is subject to medical policy review, in accordance with the exclusions and limitations contained in the Policy, as well as a review of eligibility, adherence to notification guidelines, and benefit coverage under the specific Student Health Insurance Plan (SHIP). Please review Aetna’s Clinical Policy Bulletin #615 located online which details all clinical criteria and requirements needed in preparation for your Gender Reassignment Surgery:

LINK TO CPB #615: [http://www.aetna.com/cpb/medical/data/600\\_699/0615.html](http://www.aetna.com/cpb/medical/data/600_699/0615.html).

### **Administrative Requirements**

1.	Must be 18 years old or older for Gender Reassignment Surgery
2.	Must confirm if your school has coverage for Gender Identity Services by calling Aetna Student Health Customer Service using the 800# on your Aetna I.D. Card
3.	Understand your Gender Identity Services benefits by calling Aetna Student Health Customer Services using the 800# on your Aetna I.D. Card.
4.	If your school has a referral requirement, obtain a referral from the Student Health Center with the referral dates. Confirm if it is on file with Aetna Student Health prior to Gender Reassignment Surgery
5.	Select a physician who will be performing the surgery. (To determine if the physician is an Aetna in- network provider, contact Aetna Student Health Customer Service using the 800# on your Aetna I.D. Card.)
6.	Confirm the setting where the physician will be performing the surgery, such as Surgical Centers and Facilities/Hospitals. (To determine if the surgical center/facility/hospital is an Aetna in-network provider, contact Aetna Student Health Customer Service using the 800# on your Aetna I.D. Card.)
7.	Have medical records which well document Gender Dysphoria which are further detailed under Clinical Requirements

### **Clinical Requirements**

#### **Female to Male:**

**For FTM (Mastectomy)\* :**

8a.	One letter is required from a qualified mental health professional**
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**For FTM Gonadectomy (Hysterectomy and Oophorectomy):**

8b.	Two referral letters are required from qualified mental health professionals **, one in a purely evaluative role
8c.	You will need to have had twelve months of continuous hormone therapy as appropriate to your gender goals (unless you have a medical contraindication or are otherwise unable or unwilling to take hormones).

**For FTM: Genital Reconstructive Surgery (Vaginectomy, Urethroplasty, Metoidioplasty, Phalloplasty, Scrotoplasty, and Placement of a Testicular Prosthesis and Erectile Prosthesis):**

8d.	Two referral letters required from qualified mental health professionals **, one in a purely evaluative role
8e.	You will need to have had twelve months of continuous hormone therapy as appropriate to your gender goals (unless you have a medical contraindication or are otherwise unable or unwilling to take hormones).
8f.	You will need to demonstrate twelve months of living in a gender role that is congruent with your gender identity (real life experience).

**Male to Female:**

**For MTF: (Orchiectomy):**

9a	Two referral letters required from qualified mental health professionals **, one in a purely evaluative role
9b	You will need to have had twelve months of continuous hormone therapy as appropriate to your gender goals (unless you have a medical contraindication or are otherwise unable or unwilling to take hormones).

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### For MTF: Genital Reconstructive Surgery (Penectomy, Vaginoplasty, Labiaplasty, and Clitoroplasty):

9c.	Two referral letters required from qualified mental health professionals **, one in a purely evaluative role
9d.	You will need to have had twelve months of continuous hormone therapy as appropriate to your gender goals (unless you have a medical contraindication or are otherwise unable or unwilling to take hormones).
9e.	You will need to demonstrate twelve months of living in a gender role that is congruent with your gender identity (real life experience).

*\*Note: A trial of hormone therapy is not a pre-requisite to qualifying for a Mastectomy.*

**\*\*** *Master's degree or equivalent in a clinical behavioral science field granted by an institution accredited by the appropriate national accrediting board. The professional should also have documented credentials from the relevant licensing board or equivalent; and*

*Competence in using the Diagnostic Statistical Manual of Mental Disorders and/or the International Classification of Disease for diagnostic purposes; and*

*Ability to recognize and diagnose co-existing mental health concerns and to distinguish these from gender dysphoria;*

*Knowledgeable about gender nonconforming identities and expressions, and the assessment and treatment of gender dysphoria; and*

*Continuing education in the assessment and treatment of gender dysphoria. This may include attending relevant professional meetings, workshops, or seminars; obtaining supervision from a mental health professional with relevant experience; or participating in research related to gender nonconformity and gender dysphoria.*

**IMPORTANT NOTE::** *Rhinoplasty, face-lifting, lip enhancement, facial bone reduction, blepharoplasty, breast augmentation, liposuction of the waist (body contouring), reduction thyroid chondroplasty, hair removal, voice modification surgery(laryngoplasty or shortening of the vocal cords), and skin resurfacing, which have been used in feminization, are considered cosmetic. Similarly, chin implants, nose implants, and lip reduction, which have been used to assist masculinization, are considered cosmetic.*