

Kia Ora,

This letter is intended to support people seeking a GP referral to access gender affirming healthcare. Auckland Sexual Health Service (ASHS) provides a regional service for adults (≥ 18 years) wanting medical affirmation.

There is a dedicated e-referral option for transgender health. These e-referrals are triaged by ASHS and younger clients are forwarded to the Centre for Youth Health. Please note there is an overlap in the ages seen by both services with Centre for Youth Health seeing up to age 20 years in Auckland and Waitemata DHBs and up to age 25 years in Counties Manukau DHB.

I am a new/current patient attending this practice and this letter is to let you know that I am trans/non binary/ another gender _____.

I use the name _____ and my pronouns are _____.

Please note that the Ministry of Health patient registration guidelines state that people have the right to have their preferred name (first name) and self-identified gender recorded on their medical records (some patients may wish to describe their gender in ways other than male and female). ASHS aims to work in partnership with Primary Healthcare to provide excellent healthcare support for transgender, non-binary and gender diverse people. Virtual consultations via e-referral are an option should there be any queries about my care once I am discharged back to primary care.

There is support available for the prescribing and monitoring of hormonal therapies in primary care as follows:

- Auckland Health Pathways – Sexual Health – Gender Diversity and Transgender Health
- Healthpoint Hauora Tāhine, Pathways to Transgender Healthcare Service
<https://www.healthpoint.co.nz/public/sexual-health/hauora-tahine-pathways-totransgender-healthcare/>
- Guidelines for gender affirming healthcare for gender diverse and transgender children, young people and adults in Aotearoa New Zealand
<https://researchcommons.waikato.ac.nz/handle/10289/12160>

I will still need to be informed about cancer screening options that are relevant for my body organs. Please be aware when talking to me about my health that I may prefer to use different terms to describe parts of my body and check with me what terms I am comfortable using. Contact the transgender health key worker, Auckland Sexual Health Service if any further advice is needed on (09) 3074949, ext. 27789, mobile 021589519.

