



Committed to inclusive health care

At Regence, we believe everyone should have access to affordable, high-quality health care regardless of race, color, national origin, sex, gender identity, sexual orientation, age or disability. We're committed to the transgender community and providing health plan benefits for transgender services.

Gender-affirming care benefits

We've designed our health plans to support each individual's unique journey. This includes providing gender-affirming care benefits and guidance—so you can navigate your health care choices and get the care you need.



Customer Service

Our Customer Service team is here to help you understand your coverage for gender-affirming care. They can help you with accessing your benefits, pre-authorizations, finding in-network doctors and facilities that work best for you. Sign in and chat online or call the number on the back of your member ID card. If your journey becomes complex or more one-on-one support is needed, you may be contacted by our gender-affirming care team to offer additional support.

Contact us



Looking out for your health

Our gender-affirming care benefits are based on the World Professional Association for Transgender Health (WPATH) guidelines. This is important because it ensures you have access to psychotherapy, hormonal therapy and medically necessary surgical services. We also don't limit sex-specific recommended preventive services based on your sex assigned at birth, gender identity or recorded gender.

Learn more about our policy

LGBTQ+ health

Lesbian, gay, bisexual, transgender and queer people face health disparities unique to the LGBTQ+ community, such as higher rates of depression or risks for certain types of cancers. We'll help you get the quality care you need to stay on top of your health.



Mental health services

Going to an LGBTQ+ or queer-affirming therapist who validates your identity can make a big difference for your mental health. Explore tools for finding a provider, see what's included in your plan's mental health coverage and more.

Explore mental health resources



No-cost preventive care

Facing homophobia and discrimination can cause LGBTQ+ people to delay seeking care. With 100% covered in-network preventive care services, your Regence health plan helps you be proactive and get the exams and screenings you need.

See what's covered

Save money by staying in network

When you see in-network providers, you'll save money on your medical care and avoid the paperwork and hassle that often comes with seeing out-of-network doctors. Use our Find a Doctor tool to search for doctors or clinics in your network, and be sure to sign in so your results are based on your benefits.

Find a provider

Other resources

[A guide to pronouns](#)

Normalizing personal pronouns can help transgender, gender nonconforming and nonbinary people feel acknowledged and included. Use this guide to learn about pronouns and why they're important for respectful communication.

[National Center for Transgender Equality](#)

Social justice organization that advocates to change policies and society to increase understanding and acceptance of transgender people

[National LGBTQIA+ Health Education Center](#)

Center that provides education, resources and consultation to health care organizations with the goal of improving LGBTQIA+ health care

[OutCare Health](#)

Organization leading the charge for LGBTQ+ health equity worldwide, empowering millions of LGBTQ+ individuals with comprehensive resources, support and education.

[Transgender Law Center](#)

Civil rights organization led by transgender people working to change law, policy and attitudes so that all people can live safely, authentically and free from discrimination

[Transgender Youth Equality Foundation](#)

Organization that provides education, advocacy and support for transgender children, youth and their families

[World Professional Association for Transgender Health](#)

Association that promotes evidence-based care, education, research, advocacy, public policy and respect in transgender health



We're here to help

If you have questions about transgender health coverage or health care for LGBTQ+ people, sign in and chat online or call the number on the back of your member ID card.

Contact us

Connect with us



[Find a Doctor](#)

[About us](#)

[Contact us](#)