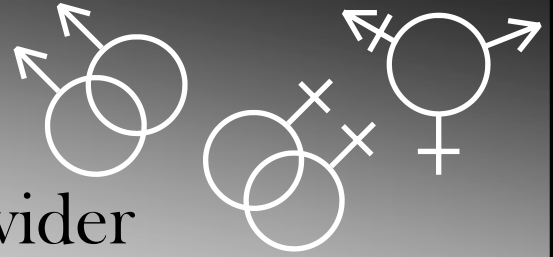


Tips for Finding a LGBTQ Competent Medical/Mental Health Provider



When seeking a health provider, it's important you feel comfortable with your provider. Here are 10 ways to see if a provider is culturally competent with LGBTQ patients:

1. Check to see if their medical forms include options to indicate "partnered" as well as "married?" Do they include options for gender beyond "male" and "female?"
2. Are they part of an LGBT provider network and do they have a list of LGBTQ-friendly providers they refer to?
3. Are they a member of the Gay and Lesbian Medical Association (GLMA)?
4. Are there images or information in their waiting room that represent LGBTQ people or health concerns?
5. Ask about their experience working with LGBTQ patients.
6. Ask what training they have on LGBTQ health issues.
7. Ask how they maintain patient confidentiality (this can be especially important for LGBTQ youth).
8. Ask who cares for patients when the provider is on vacation and if that provider is experienced with LGBTQ patients.
9. Ask what they think their patients most appreciate about them.
10. Friends and colleagues can also be a good source of recommendations of providers.

The following health care plans offer guidance in finding a LGBTQ competent provider in their network. Ask about which providers are covered within your plan.

Kaiser Permanente:
503-285-9321

Legacy:
503-335-3500 (OR)
360-487-3500 (WA)

Aetna:
This health care plan encourages the use of the GLMA website for seeking LGBT competent in-network providers



If you are uninsured/underinsured, these resources are available to help you find an LGBTQ competent medical and/or mental health provider:

Coalition Clinics - www.coalitionclinics.org
Resources PDX (Trans) - www.resourcespdx.org
Outside In - www.outsidein.org

Other local resources:

Portland Gay and Lesbian Yellow Pages -
www.pdxgayyellowpages.com
Just Out - www.justout.com

Check out these national resources for more about choosing a LGBTQ competent provider:

- **Gay and Lesbian Medical Association (GLMA)** - www.glma.org
- The GLMA site has a comprehensive list to identify LGBTQ competent providers all over the country
- **Health Care Equality Index (a project of the Human Rights Campaign and the GLMA)** - www.hrc.org/hei
- The Healthcare Equality Index 2009 rates U.S. healthcare facilities on their policies and practices related to the LGBTQ community
- **National Coalition for LGBT Health** - www.lgbthealth.net
- A group committed to improving the health and well-being of LGBTQ individuals and communities through public education, coalition building and advocacy

Manifest provides a community resource referral section.
Visit www.manifestpdx.org and view the links section.



This guide was developed by the Sexual Health 4 Men Coalition (SH4MC). SH4MC or its members do not endorse any organization or link referenced here or any particular provider. For more information on sexual health for guys who have sex with other guys, visit www.man2manpdx.us