



Irish Life
health



Gender Reassignment

Support at every step

www.irishlifehealth.ie

Gender Reassignment



When the mirror doesn't reflect your mind

Gender isn't always as it appears.

Gender dysphoria - the feeling that your actual gender doesn't match the body you were born with - is far more widely understood now than in the past.

At birth, a baby's physical appearance dictates which gender it's given. With so many social expectations around how males and females look, act and think, any mismatch between what someone sees in the mirror and their feelings inside can cause profound anxiety.

Supporting you at every step

Gender dysphoria is a recognised medical diagnosis. It is certainly not a mental illness.

If someone has a deep need to live according to their gender identity, rather than their biological sex, intervention can be appropriate. If this happens, Irish Life Health can offer support along the transition process.

The benefits now available

As it is such a life-changing decision, the gender reassignment process may involve a number of very important steps:

1 Initial consultation

Expert consultation and advice about your gender identity is the essential first step. Your GP can refer you to a Gender Identity Psychiatrist or Psychologist for an initial assessment and diagnosis.

HOW CAN WE HELP*

GP Consultation Benefit - Contribution towards the cost of attending a GP



2 Expert Assessment

An expert (or team of experts) can fully assess the many social, psychological and physical issues that can contribute to gender dysphoria.

HOW CAN WE HELP*

Healthy Minds Benefit - Mental Health Support
Online access to mental health assessments and content and up to 6 counselling sessions via phone, chat, video or face to face

Consultant Visit Benefit - Contribution towards the cost of attending a consultant

3 Treatment

If your expert care team confirms gender dysphoria, they will put a personalised treatment plan into action. This can include:

Cross-Sex Hormone Therapy. During this process, you are prescribed the hormones of your preferred gender. By taking these, you will alter certain physical characteristics.

As this happens, your multi-disciplinary care team will monitor your progress via regular check-ups.

Real Life Experience. Before any surgery can take place, you must live full time as your preferred gender identity for a significant period. Doing so is known as Real Life Experience (RLE) and helps confirm that irreversible surgery is the right decision.

HOW CAN WE HELP*

GP Consultation Benefit

Healthy Minds Benefit - Mental Health Support

For some people this is a sufficient intervention for them to enjoy life in their chosen gender.

Others may choose to progress with gender reassignment surgeries.

4 Gender Reassignment Surgery

Having completed your RLE, you may decide to have surgery to permanently alter your sexual appearance. This will only happen if you and your care team believe that you are ready.

HOW CAN WE HELP*

Gender Reassignment Benefit: Cover towards your medical costs for gender reassignment surgical procedures

Healthy Minds Benefit - Mental Health Support

5 Surgery Follow-up

A full follow-up plan is put in place under the supervision of your GP or a qualified healthcare professional.

HOW CAN WE HELP*

GP Consultation Benefit

Consultant Visit Benefit

Healthy Minds Benefit - Mental Health Support

Need more information?

For more information about Irish Life Health's Gender Reassignment Cover, please visit:

www.irishlifehealth.ie

*Benefits available on selected Irish Life Health plans. Please check your table of cover. Gender Reassignment benefit is available on selected plans to new and renewing members from 1st November 2018. Terms and conditions do apply so please check your Member Handbook.

List of approved gender reassignment procedures is available on <https://www.irishlifehealth.ie/IrishLifeHealth/media/Irish-life-Health/pdfs/schedule-of-benefits/Gender-Reassignment.pdf>