

Gender-Affirming Hormone Therapy

How to receive GAHT at Cornell Health

Some people choose to undergo gender-affirming hormone therapy (GAHT) to help their bodies and appearance align with their gender identity.

- **Estrogen** helps decrease muscle mass, facial hair, and body hair, and results in fat redistribution and breast growth. Some people also take an androgen blocker to reduce the effects of testosterone and enhance the effects of estrogen.
- **Testosterone** helps lower the pitch of the voice, increases facial and body hair, and results in fat redistribution and increased muscle mass.

Individual responses to hormones can vary so it can be difficult to predict exactly how your body might change. After beginning GAHT, changes can take several months to become noticeable, and it may take 3 to 5 years to maximize physical changes. Discontinuing GAHT may cause some changes to reverse, while other changes may be permanent.

Receiving GAHT at Cornell Health

If you are interested in receiving GAHT at Cornell Health — including continuing care you have established elsewhere — you can schedule an appointment with a medical provider who specializes in transgender care. The provider will evaluate your needs and discuss appropriate treatment options based on your gender affirmation goals, preferences, and pertinent medical or mental health conditions.

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Cornell Health operates under an “Informed Consent Model” in which a patient’s informed decision about their health care is the primary driver to initiate GAHT.

Appointments

To schedule an appointment to receive gender-affirming care (including GAHT):

- Call Cornell Health at 607-255-5155 and ask to schedule a Gender Services appointment.
- Or log in to myCornellHealth (from any page of *health.cornell.edu*) and select Appointments > Primary Care (medical clinician or nurse) appointment > I need gender-affirming care.

Insurance coverage for GAHT

Cornell’s Student Health Plan (SHP) covers most gender-affirming hormonal and surgical services. Students with other insurance should check their plan for details. (Please note that many health insurance plans provide very limited coverage for gender-affirming care.)

More information

Visit health.cornell.edu/gender-services to learn more about GAHT and other gender-affirming services at Cornell Health:

