



Comprehensive Gender Services Program
300 North Ingalls, Room NI4D-21
Ann Arbor, MI 48109-0475
734-763-0466

HELPFUL HINTS FOR PRIMARY CARE PHYSICIAN (PCP) VISITS

When calling for an appointment with a PCP, please identify yourself as a participant in the Gender Program.

You will be asked for demographic (name, date of birth, etc.) and insurance information. This information is used to assign your personal registration (or CPI) number for the Health System. **YOU MUST USE YOUR LEGAL NAME.** You may receive a call from the UMHS Registration to verify your information (these phone calls usually occur in the evening).

Until you have a documented legal name change, you must use your birth name when scheduling clinic appointments. Once you have arrived for your appointment, you may ask the clinic staff to call you by your desired name.

Feel free to attend your appointment dressed in contra-gender attire. You may feel more comfortable dressing contra-gender after your first appointment with the physician (this may be especially helpful if dressing is a new experience).

Communication between you and the physician is important in ensuring a positive relationship and satisfaction with your visit. You may want to:

1. Write down important family history.
2. Write down any known diagnoses (e.g., hypertension or diabetes).
3. Write down previous surgical procedures and the dates that they were performed.
4. Bring any prescribed medications to your initial appointment.
5. Write down questions/medical concerns you wish to discuss with the physician.
6. Bring the names, addresses and phone numbers of any physicians you have seen in the past.