

Why We Have This Guide

This guide has information about insurance coverage for hair transplants to make you look more feminine. It includes information about redo surgeries to fix problems. The guide helps Amida Care members understand:

- What kinds of surgeries and treatments are usually paid for by insurance.
- How to figure out which surgeries or treatments fit your needs.
- How insurance and health care providers decide if something is gender-affirming.
- Steps to take so insurance will pay for treatments.
- When redo surgeries can be covered.

Where Do Rules for Gender-Affirming Procedures Come From?

In 2022, the World Professional Association for Transgender Health (WPATH) updated its rules for transgender healthcare, including surgeries that affirm gender. These updated rules are called “Standards of Care for the Health of Transgender and Gender Diverse People, Version 8” or SOC8 for short. Experts from around the world worked on these rules. They included feedback from the public.

What Letters of Support Do I Need?

Please check out this guide on letters of support [English/Spanish](#)

What Options Can Be Used Instead of Surgery?

Some people may not be healthy enough for surgery. Some may choose not to have surgery because of the risks or personal reasons. Amida Care has some non-surgical options that can be used instead of certain gender-affirming surgeries.

Instead of getting a hair transplant to create a more feminine look, Amida Care can pay for high-quality wigs and hair pieces made from real hair. These can also help people who have a lot of hair loss, since hair transplants have limits. Some people may not be able to get a hair transplant depending on their hair type. For example, very thick and curly hair might not work well for a transplant.

When you talk to a surgeon about a hair transplant, ask them to explain the good and bad sides of both surgical and non-surgical options. You can find more details about these choices later in this guide.

I have thinning hair, a receding hairline, or want to change my hairline to look more feminine. What should I ask a hair transplant surgeon to find the best treatment?

Amida Care offers two ways to help make the hairline and scalp look more feminine: high-quality custom wigs and hair pieces, and hair transplants.

Hair transplants move hair from one part of the head to another. This means they can't fully fix large areas of hair loss. But for people with little or no hair loss, transplants can help shape or move the hairline forward—if there's enough healthy hair to use.

When you meet with a provider to discuss a feminizing hair transplant, think about asking your provider...

1. Am I a good candidate for a hair transplant? What result can I expect?

Not everyone can get a hair transplant. Talk to your provider about why it might not be right for some people. If you have a lot of hair loss (more than just a little thinning or a receding hairline), ask your provider what kind of results you can expect.

If you have more than mild hair loss, a wig might be a better choice. Hair transplants can help create a natural-looking feminine hairline. You can also wear a custom hair piece behind your natural hairline to add fullness. Amida Care pays for high-quality custom wigs and hair pieces. Ask your provider what option is best for your goals and your level of hair loss.

2. What kind of hair transplant is best for me?

There are two main types of hair transplant:

- i. FUE (Follicular Unit Extraction): This method takes longer and moves less hair, so it's better for small areas or simple hairline changes. It leaves very little scarring and heals quickly.
- ii. FUT (Follicular Unit Transplant): This method is faster and moves more hair, but it leaves a scar.

3. Will I need more than one procedure?

Sometimes one session isn't enough to get the look you want. Ask your provider if you'll need more than one transplant to reach your goal.

4. How do I take care of my scalp after the transplant?

Your provider should give you clear instructions on how to care for your scalp after the procedure. This helps make sure you get the best results. Make sure you understand the care plan and how to use any products or medicine they recommend.

Most people will need to take minoxidil before and after surgery. It is important to continue it after surgery as it improves results. Some hairs moved during surgery will not live. Taking minoxidil increases the number of hairs that live and become healthy hair.

These questions can help you choose the best option for your needs.

What Should I Ask My Surgeon When Thinking About Redo Surgery?

1. How serious is this problem—mild, moderate, or severe?
2. If I need another surgery, will insurance likely cover it? Have I already had as much done as possible before it starts affecting other parts of my hair?
3. If I have another surgery, how likely is it to fully fix the problem?
4. What are the risks of doing another surgery? Could it make things worse or not help at all?
5. Will this surgery fix the problem for good, or might I need more surgeries later?

Do You Have More Questions? Get In Contact with the Gender-Identity Support Team (GIST)

Call 646 - 757 - 7982 or email GIST@AmidaCareNY.Org to contact the Gender-Identity Support Team.