

## **FOR IMMEDIATE RELEASE**

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### **AMIDA CARE URGES PROTECTION OF ACCESS TO GENDER-AFFIRMING CARE FOR TRANSGENDER YOUTH**

NEW YORK, NY – Amida Care, New York’s largest not-for-profit Medicaid Special Needs Health Plan and an expert in HIV, sexual health, and gender-affirming care, issued the following statement from President and Chief Executive Officer Doug Wirth

“We recognize that health systems across the country are navigating an increasingly complex and uncertain regulatory landscape. At the same time, we are deeply concerned about what the loss of gender-affirming services for transgender youth means for young people and their families.

“Gender-affirming care is evidence-based, medically necessary health care. It is delivered through careful, multidisciplinary clinical assessment involving patients, families, and providers. Decisions about care belong in exam rooms—not in the political arena.

“As we emphasized in our recent comments to the Centers for Medicare & Medicaid Services, policies that create uncertainty or deter providers from offering medically necessary care ultimately undermine patient access, destabilize provider networks, and weaken the integrity of Medicaid. Regulatory ambiguity does not protect patients; it restricts access and increases risk—particularly for vulnerable populations.

“For transgender youth, access to timely, appropriate care is closely linked to mental health outcomes. Transgender and gender-diverse young people experience significantly higher rates of depression, anxiety, and suicidal ideation—driven not by their identity, but by stigma, discrimination, and barriers to care. Research consistently shows that access to affirming care and supportive environments is associated with improved mental health outcomes and reduced risk of suicide.

“New York State has been clear in its commitment to protecting access to gender-affirming care. State law prohibits discrimination based on gender identity, and recent legislative and regulatory actions have strengthened protections for patients and providers. New York must continue to lead by ensuring that Medicaid policy, reimbursement structures, and legal safeguards support providers in delivering evidence-based care without fear or confusion.

“At Amida Care, our values are grounded in science, equity, and respect for human dignity. We believe every young person deserves access to comprehensive, compassionate health care that affirms who they are. Gender-affirming care is part of that continuum. It is not experimental or ideological—it is recognized, standards-based medical practice.

“We stand with transgender and gender nonconforming youth and their families during this moment of uncertainty. We also stand with providers who are committed to delivering high-quality, patient-centered care. We urge policymakers at both the federal and state levels to provide clarity and reinforce protections so that medical decisions remain guided by clinical evidence and the best interests of patients.

“New York has the opportunity—and the responsibility—to ensure that transgender youth can access the care they need to thrive. We remain committed to working with state leaders, providers, and advocates to uphold that promise.”

**Amida Care Inc.** is a not-for-profit Medicaid health plan in New York City and an expert in HIV, sexual health, and gender-affirming care. It specializes in providing comprehensive health coverage and coordinated care to New Yorkers with complex conditions, including people living with HIV, people of transgender experience, and people experiencing homelessness (regardless of HIV status). Amida Care has a wide network of health care providers throughout New York City and is the largest Medicaid Special Needs Health Plan (SNP) in New York State. For more information, visit [www.amidacareny.org](http://www.amidacareny.org).

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