

Why We Have This Guide

This guide has information about insurance coverage for hair removal to make you look more feminine. It talks about laser hair removal and electrolysis. The guide helps Amida Care members understand:

- What is needed to get hair removal covered.
- How to decide whether electrolysis or laser is better for you.
- Reasons hair removal may not 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](#)

How Do I Choose Hair Removal for a More Feminine Look? Should I Pick Laser or Electrolysis? Will Amida Care Pay for Both?

Taking away body hair can help someone look more feminine. But not all areas of the body are covered by insurance, because people of all genders have hair in

those places. For example, removing hair from the top of the head or arm pits is not considered part of gender-affirming care.

There are two main ways to remove hair: **laser** and **electrolysis**. Both work well, but they are different. You can't use both on the same spot at the same time. It's okay to start with one and switch to the other later, as long as a trained hair removal expert helps you.

- **Laser hair removal** works best if you have dark hair and light skin. That's because the laser looks for dark color and heats it up to stop the hair from growing. Laser doesn't work well on very light hair (like white, blonde, or red) or on skin that's the same color as the hair. It also can't be used on tattoos.
- **Electrolysis** works on all hair and skin colors, and it can be used on tattoos. It can take longer and might hurt more than laser, but it doesn't have the same limits.

Sometimes, people use laser on one part of the body and electrolysis on another. Just don't use both on the same spot in one session.

If you need both types of hair removal to reach your goals, try to work with an Amida Care provider who offers both. You can also ask your regular doctor for help choosing the best method and ways to make it hurt less.

**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.