AMIDA CARE HEALTH. ADVOCACY. CARE.

GENDER IDENTITY SUPPORT TEAM (GIST) DOULA PROGRAM

WHAT IS THE DOULA PROGRAM?

The GIST Doula Program helps Amida Care members navigate gender-affirming surgery through peer-to-peer support. We want to ensure our members are prepared, informed, and supported throughout their gender-affirming care journey!

This program provides members with guidance outside of medical providers' offices, delivered by individuals with lived experience in gender-affirming care.

HOW DO YOU ENROLL IN THE DOULA PROGRAM?

Members with approved surgery requests will be contacted automatically about this service.

Those with questions or who would like to learn more about the program are encouraged to contact **gist@amidacareny.org**.

CHECK OUT OUR PROVIDER LISTING FOR GENDER-AFFIRMING SURGERIES AND SERVICES:

WHAT CAN YOUR DOULA DO FOR YOU?

Surgery doulas will assess members' needs before and after surgery, assist with coordination of care, and support each individual in getting the help they need, such as access to specialists and assistance with making appointments.

The doulas will also help connect members with services needed during recovery, including referrals, transportation assistance, and nutritional support.

ARE YOU ELIGIBLE FOR THE DOULA PROGRAM?

The program currently serves active members with scheduled gender-affirming surgeries and approved requests.

Doulas may also provide off-site support, including accompanying members to appointments, assistance with basic tasks, and home visits as appropriate.

Amida Care complies with Federal civil rights laws. Amida Care does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services and other aids, free of charge, are available to you. Call 1-800-556-0689, TTY 711. ATENCIÓN: Dispones de servicios de asistencia lingüística y otras ayudas, gratis. Llama al 1-800-556-0689, TTY 711. 请注意：您可以免费获得语言协助服务和其 他辅助服务。请致电 1-800-556-0689, TTY 711.

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