

# THInCing About Hormones?

Introducing **THInC**,  
Howard Brown Health Center's  
program to empower and support trans clients  
who wish to access hormones.



Howard Brown Health Center

## What is THInC?

THInC is an acronym that stands for **Trans Hormones – Informed Consent**.

THInC is a comprehensive 3-step program designed to assist you in accessing hormones in an efficient, supportive and validating manner.

## What is Informed Consent?

While other local clinicians and medical providers may follow standards of care that require clients to demonstrate “lived experience”, or get a letter from a therapist before accessing hormones, Howard Brown has chosen to empower its clients to make choices for themselves about *their* lives and *their* transitions. As a result, our hormone process is based on the concept of “informed consent.” This means that at the time a person gives consent for hormones:

the person has the cognitive ability to make an independent decision. In other words, that person understands the potential risks and benefits of the choice and is able to anticipate how that choice may impact them now and in the future

and

the person has the information needed to make an informed decision.

To maintain the integrity and objectivity of THInC, Howard Brown Health Center relies on an interdisciplinary approach. This means that the various staff members that you interact with during the three steps of THInC will discuss you with each other. This is done to ensure that you are supported, your unique needs are met, and your specific transition goals are fully understood by our staff.

## Am I guaranteed hormones?

No. Before hormones can be prescribed, we have to make sure that you can make informed consent and your medical provider will need to make sure that a prescription for hormones is safe and appropriate for you and your body.

## What are the 3 steps?

### Step 1 - 1st THInC Medical Appointment

Your first medical appointment is an opportunity for you and your medical provider to talk about your specific needs and goals in accessing hormones. Your provider will take your medical history and may perform a physical examination. They may also begin comprehensive blood work to consider the best prescription/plan for you. To schedule your THInC medical appointment, call Howard Brown Health Center at (773) 388-1600 or Howard Brown’s TRIAD Health Practice at (773) 296-8400. Your cost for this visit is based on insurance eligibility or on our sliding scale fee structure. Both options will be discussed with you when you call.

### Step 2 - THInC Hormone Advocate Appointment

Your THInC Hormone Advocate Appointment is a 45-minute psycho-educational, supportive, face-to-face meeting to assist you in designing, planning, and communicating your personal transition plan. During this appointment, you will talk with a member of our staff who is a trained Hormone Advocate. Howard Brown Health Center aims to be inclusive and validating of gender-variance and the many ways it can be expressed. Call Howard Brown at (773) 388-1600 to schedule your THInC Hormone Advocate appointment. There is a \$20 fee for all clients attending this session. Insurance is not accepted for this service.

### Step 3 - 2nd THInC Medical Appointment

Your second THInC medical appointment is an opportunity for you to review your blood work with your provider and to consider whether hormones are the best step for you. This will be a decision you make with your provider. Be prepared to pay for your hormones at this appointment. Consider the expenses of the visit, labs, syringes, sharps box, and hormones for the length of time that you and your medical provider have agreed upon.

### Optional Step - THInC Hormone Information Group

The THInC Hormone Information Group is a supportive group meeting for people who are considering or seeking hormones. It is co-led by people who identify as transgender or gender queer. It offers a place to consider all of your options in transitioning, an opportunity to access information about taking hormones and information about the various supports available at Howard Brown. The THInC Information Group is offered every 2-4 months. Call us at (773) 388-8926 for the group schedule or to reserve a spot.

# Your Personal THInC Checklist. . .

- Call Howard Brown Health Center at (773) 388-1600 or Howard Brown's TRIAD Health Practice at (773) 296-8400 to schedule your first THInC Medical Appointment  
*The cost of your appointment is determined by insurance eligibility or our sliding scale fee structure. All options will be reviewed with you when you call.*
- Attend your 1st THInC Medical Appointment
- Call Howard Brown at (773) 388-1600 to schedule your THInC Hormone Advocate appointment  
*There is a \$20 fee for all clients attending this session. Insurance is not accepted for this service.*
- Attend your THInC Hormone Advocate appointment *(\$20 fee)*
- Call to schedule your 2nd THInC Medical Appointment
- Attend your 2nd THInC Medical Appointment  
*Be prepared to pay for your hormones at this appointment. Consider the expenses for labs, visits, syringes, sharps box, and hormones for the length of time that you and your medical provider have agreed upon.*
- Optional Step: At any point in the process you may attend our free THInC Hormone Information Group. Call (773) 388-8926 for a schedule or to reserve a spot.

## Do you have more questions?

Check out [howardbrown.org](http://howardbrown.org) for more information about the THInC program. You can find many frequently asked questions and more information about THInC online, or you can call our Trans Health Advocate at (773) 388-8926.



**Howard Brown Health Center**

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773.388.1600 | [howardbrown.org](http://howardbrown.org)