

are you eligible?

Review our chest checklist to determine your eligibility for gender affirmation surgery at BIDMC.

- age**
You must be 18 years of age or older.
- BMI and regular exercise requirements**
Because being overweight can increase the risk of post-surgical complications, you must have a body mass index (BMI) of 30 or lower and demonstrate that regular exercise is part of your routine.
- smoking cessation**
Because smoking increases the risk of post-surgical complications, you must be nicotine-free for 90 days prior to surgery. Speak with your primary care physician for a list of resources to help you quit smoking.
- clinical letter**
A letter from your primary care physician that:
 - States you have persistent, well-documented gender dysphoria
 - Specifies if and how long you have been using hormone therapy
 - Addresses any medical conditions that may be relevant to surgery
- behavioral health letter**
A letter from your behavioral health provider that:
 - States you have “persistent, well-documented gender dysphoria” and the length of time you have been presenting/living as your affirmed gender
 - Details evaluations and/or therapy counseling to date
 - Addresses any significant behavioral health concerns
 - Specifies your capacity to consent to surgery
 - Affirms you are ready for surgery, including your understanding of the procedure
 - Details an assessment of your support system
- enclosed financial statement**
Insurance coverage for gender affirming surgery varies among carriers. You must sign and return the enclosed financial statement to BIDMC.

