

# Geisinger

## TIPS FOR FINDING AND BEING OPEN WITH HEALTHCARE PROVIDERS

**Ask for referrals.** Ask friends or local LGBT centers for the names of LGBT-friendly healthcare providers. You can also check LGBT medical websites for referrals

**Inquire by phone.** When you call to make an appointment, ask if the practice has any LGBT patients. If you're nervous about asking, remember you don't have to give your name during that initial call.

**Bring a friend.** If you're uneasy about being open with your healthcare provider, consider asking a trusted friend to come with you.

**Bring it up when you feel most comfortable.** Ask your doctor for a few minutes to chat while you're still fully clothed – maybe even before you're in the exam room.

**Know what to ask.** Learn about the specific healthcare issues facing LGBT people.

Diversity and Inclusion Office  
Arthur Breese  
Dawn Fisher  
diversity@geisinger.edu

