

Take pride in your healthcare.

Get additional support for all LGBTQ+ health related needs.

Exclusive access for Tufts Health Plan members and their family, as part of your health plan benefits.*



Included Health's services help you and your family get whole-person care for your LGBTQ+ needs by working with our health plan ecosystem to make sure you feel safe, understood, and supported.

 **Personalized navigation for LGBTQ+ affirming care**

With Included Health, you have support finding vetted providers, navigating gender affirming surgery, scheduling appointments, handling authorizations, finding resources and support groups, starting family building, and more.

 **1-to-1 advocates for ongoing needs**

Our care coordinators can provide support beyond provider pairing, such as understanding your health plan benefits, approaches to coming out at work, managing legal name changes, and parenting a queer or trans kid.

*Services available on January 1, 2023. Eligibility criteria may apply. Program and services subject to change. No additional cost to (fully-insured) health plan members and their family (defined as those who live at the same physical address as the health plan member(s)). Excludes Tufts Health Direct members.



Activate your account.

includedhealth.com/tuftshealthplan



LGBTQ+ Health

How Included Health can help you and your family

Physical health

Find an affirming provider for all your care needs, including PrEP.

Gender-affirming care

Learn what your health plan covers and get matched to gender-affirming surgeons.

Mental wellbeing

Get paired with an LGBTQ+ experienced therapist, psychiatrist, and more.

Community support

Explore community resources for support parenting and advocating for LGBTQ+ youth.

Legal name change

Get support with legal name changes.

Family building

Have a care coordinator find you affirming OB/GYNs, fertility specialists, surrogacy agencies, and more to support your family goals.

Frequently Asked Questions (FAQ)

How much do Included Health's services cost?

All eligible Tufts Health Plan members will receive access to these services as part of their health plan coverage and benefits. There is no additional cost to members.*

What is Included's LGBTQ+ Health?

Included's LGBTQ+ Health is the first comprehensive care navigation platform for the LGBTQ+ community. We specialize in connecting the LGBTQ+ community and their loved ones with quality, affirming care. Our services are intended to help you find the care and support you need to feel seen, heard, and understood.

Who is eligible?

All eligible Tufts Health Plan members and their household members who have an LGBTQ+ health need.

Will this remain confidential?

Yes! Everything you share with us is completely confidential.

Will providers be covered by my health plan?

We do our best to connect you with in-network providers, based on your health plan. Our vetted directory includes thousands of affirming clinicians. If we don't have an in-network provider in your area, we will do the research for you.



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