

# LivingWell.



**CHA is committed to removing barriers so anyone who identifies as LGBTQ+ can access care.**

## Healthcare for the LGBTQ+ community

Taking care of yourself is hard work. It's personal, and you don't have to do it alone. We understand that you face barriers that may impact your health – stigma, discrimination as well as civil and human rights issues to name a few. We're committed to removing barriers so anyone who identifies as LGBTQ+ can access care. At CHA, we're working to create a safe space where you can feel comfortable getting the care you need.

## Talking With Your Care Team

When you visit your CHA provider, they will ask what's going on in your life including your sexual orientation and gender identity (SOGI). This lets us better understand your life and be a better partner in your care. While you don't have to answer any questions, we're asking them to improve your health and make sure you have access to support services you may need.

## Making Connections

Staying healthy is more complicated than just healthcare. Many times, the stress of not having food, a place to sleep or being safe has a greater impact on health. These are called "social determinants of health" and they say a lot about overall wellness. When you visit your CHA provider, you will be asked to fill out a form that helps get you connected to community services in your neighborhood, if you need. Knowing where to go can be the first step.

## Right to Privacy

There are laws and policies that protect your privacy and your health information. When you share any medical information, including SOGI, it is protected. Any conversation with your provider is confidential. You can also ask that the information not be added to your medical chart.

## Coming Out to Your Provider

If you're not comfortable coming out to your care team, it might be time to find a provider that works for you. We can help you find someone who listens, is respectful, caring and who is trained in the specific needs of the LGBTQ+ community. Having a strong relationship with your provider can help reduce risks. Coming out to them lets them better meet your health needs. Knowing your sexual orientation lets them share health information that is affecting the LGBTQ+ community.

## Your Name

As stated in CHA's Patient Rights; You have the right to be treated respectfully by others and called by your proper name. Please tell your provider what terms you prefer, how you describe yourself and your name - if different from your legal or birth name. We will call you by your chosen name, what we refer to as your proper name.



## Find a Provider Near You:

Call **Doctor Finder** to get connected today - **617-665-1305** or **[Book Online](#)**.

**[challiance.org/LGBTQ+](https://challiance.org/LGBTQ+)**



[www.challiance.org](http://www.challiance.org)    