



Coming out to your provider is an important step in claiming your own health. Doing so can help both of you address the unique risks faced by LGBT people and help you access the care you need most. Being open about your sexual orientation, sexual behavior, and gender identity helps your provider AND YOU!



# LGBT Health Care Concerns

- Sexual Health screenings such as STDs, HIV, HPV, and hepatitis A and B vaccinations
- Safer sex education, counseling, and practices
- Routine gynecologic and breast cancer screenings
- Mental health concerns, such as stress, depression, suicidal thoughts, and anxiety
- Tobacco or other substance use
- Plans to adopt or conceive children
- Family life issues such as living wills, and other legal and financial protections

For more resources, visit [www.rwjbh.org/lgbtq](http://www.rwjbh.org/lgbtq)

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NATIONAL LGBT HEALTH  
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## FAQs

**I don't want anyone besides my provider to know how I identify. Will this information be shared?**

*Your health care provider is bound by laws and policies to keep your information private. If you are under 18, these laws will vary. You can also ask your provider not to enter this information into your medical record.*

**What if my provider is using the wrong terms or pronouns?**

*Providers might not always know how you identify. Let them know how you describe yourself and your partner(s) and they should respect those choices.*

**What if I still don't feel comfortable coming out to my current provider?**

*There are numerous ways to find a new provider. Talk to your friends or consult **RWJBarnabas Health's** list of providers in your area. Finding a provider you are comfortable with is a vital component to your all-around wellness.*

**Newark Beth Israel  
Medical Center**

**RWJBarnabas  
HEALTH**

Let's be healthy together.

